

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

~~the~~ I have great digestive health.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I found Hemp Hearts in combination with fruits to be very light but yet filling. A very pleasant process for my stomach.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I FEEL THAT HEMP HEARTS HAVE HELPED STABILIZE MY DIGESTIVE SYSTEM

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Please describe your experiences regarding digestive health and Hemp Hearts:

Digestive health is good.

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For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I'm 78 yrs. old, in good health. Have been using Hemp Hearts for 5 years now, I feel they are a good "nourishment" addition, and helpful to the digestive system.

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Please describe your experiences regarding digestive health and Hemp Hearts:

EXCELLANT DIGESTIVE HEALTH

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Please describe your experiences regarding digestive health and Hemp Hearts:

No digester problems at all

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Please describe your experiences regarding digestive health and Hemp Hearts:

When Hemp Hearts are taken with an 8 oz. glass of freshly squeezed orange juice every morning as part of my breakfast. My digestive health seems very good.