

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:

Feel better and not bloated at night  
Help me to go regularly.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Never encounter any Problem with digesting Hemp Hearts  
also regulates my digestive System.

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Please describe your experiences regarding digestive health and Hemp Hearts:

They do aid in digestion & can help  
with constipation

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Please describe your experiences regarding digestive health and Hemp Hearts:

I am so used to eating hemp hearts now that  
I forget it is helping the colon as well, but  
when my husband and I first started we really  
cleaned out. My sister-in-law makes sure her baby  
has it all the time to keep his bowel working properly.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I AM AS REGULAR AS CLOCKWORK AND I FEEL I HAVE A HEALTHY DIGESTIVE SYSTEM. I RUN INTO TROUBLE WHEN I DEVIATE FROM MY ROUTINE.

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Please describe your experiences regarding digestive health and Hemp Hearts:

We are felt very good with digestion & not constipated anymore.

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Please describe your experiences regarding digestive health and Hemp Hearts:

No problems with digestion

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Please describe your experiences regarding digestive health and Hemp Hearts:

BECAUSE I HAD DIGESTIVE ISSUES, USING HEMP HEARTS HAS CLEANED OUT MY SYSTEM. I TAKE MY <sup>HEMP</sup> HEARTS IN THE MORNING WITH YOGURT AND I AM NOT TOO LOOSE.