

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:

For the first time in my life I feel that my digestive system is working properly. I no longer suffer from constipation or bloating.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I do stay regular and never get a bloated feeling from over eating.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Digestion & Elimination are excellent when taking Hemp Hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

digestive health is much better since introducing Hemp hearts to breakfast diet.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I am a Celiac so have to be very careful of what I eat. It helps my digestive system immensely.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health as improved greatly since taking Hemp Hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

As advised, I eat Hemp Hearts as part of my breakfast and I find them very beneficial to my digestive system.

5. We have a two-year-old granddaughter who, until we started feeding her this summer had a very sluggish digestive system. Her bowel movements hurt her. After a week eating hemp hearts with cereal in the morning she became a much happier child as her bowel movements are now regular and her stools softer.