

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:

I Feel Hemp Hearts are beneficial to
the DIGESTIVE SYSTEM. Good balance -
not severe —

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

After breakfast, we find that our energy level is high and enables us to take enjoyable walks or other forms of physical activity. We find that we have no digestive problems and keep very regular in the bathroom.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I find Hemp hearts easy to digest, they keep me regular, my body likes them.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive Health has doubled, I feel great, they say your bowel movement should be the length from your small finger to your elbow daily, so that your waste cleans away, I NEVER had that, but since the Hemp Hearts, I can honestly say my bowel movements are great!! and I feel great.

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Both my wife and myself love hemp hearts for colon health. She has had blockage problems and since starting hemp hearts she is much more regular.

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I have been very regular since starting hemp hearts. They have made a big difference in my digestive health, the biggest change I've noticed since I started eating them.

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good digestive health.

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No more stomach problems for me
"Regular!"

Please describe any internal changes experienced relative to pain and tissue inflammation:

Digestively easier