

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:

*feels stable & very good in my digestive process*

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*I have experienced a good digestive system since taking Hemp Hearts.*

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*Hemp hearts helped with elimination & better feeling stomach.*

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*Good digestive system, Not too loose  
elimination good*

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DIGESTIVE HEALTH BETTER

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch. Please describe your experience regarding hunger and Hemp Hearts:

They are a great help & I feel much better overall. My health has improved as has my digestion & my energy level has improved greatly.

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Yes, healthy digestive and elimination system results from eating h.h. I love this stuff!

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The hemp hearts keep me regular and I have no digestive problems