

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:

Hemp hearts have helped my digestive system stay regular and feeling less bloated.

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Please describe your experiences regarding digestive health and Hemp Hearts:

using hemp hearts has been easy on my digestive system and more regular

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have hemp hearts with plain yoghurt or make protein balls with them. My stomach is very sensitive and I have had no problems digesting them.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I put hemp hearts on my cereal w fruit and have no digestive problems

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health has definitely improved since using hemp hearts. I find that my bowel movements have been regulated since using hemp hearts. This is very important for my improved health.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Has greatly improved my digestive health and I notice how constipated I become when I forget to add hemp hearts to my regular diet/breakfast.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I WOULD SAY THAT DIGESTIVE HEALTH IS THE PRINCIPLE REASON FOR TAKING HEMP HEARTS. IT WORKS VERY WELL FOR ME IN THIS RESPECT.

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Please describe your experiences regarding digestive health and Hemp Hearts:

No doubt it is aiding in our health in that we have no digestive problems.