

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I've been eating Hemp Hearts for last 3 years every morning. It changed my life. I have more energy, I don't have any digestive problems. My health increased very much.

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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 eat hemp hearts in a milk shake  
I always suffered with heartburn with  
my eating pattern, do not have heartburn  
anymore.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Since I started eating hemp hearts, my digestive health has been good.

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Please describe your experiences regarding digestive health and Hemp Hearts:

DIGESTIVE HEALTH IS EXCELLENT

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Please describe your experiences regarding digestive health and Hemp Hearts:

WHEN I DONT USE HEMP HEARTS IN THE MORNING,  
I HAVE CRAMPS + GAS PAINS BY SUPPER TIME.  
WHEN I USE THEM EVERY DAY I NEVER HAVE  
ANY PROBLEMS.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp Hearts contribute significantly to my healthy  
digestive system

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Please describe your experiences regarding digestive health and Hemp Hearts:

I take my Hemp Hearts by themselves each morning. Do not mix with fruit .

I have no trouble digestively, and credit this to the Hemp Hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I think H H decrease my heart burn.