

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:

*my digestive health is perfect - all give
Hemp Hearts all the credit -*

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Please describe your experiences regarding digestive health and Hemp Hearts:

*No problems what so ever regarding the digestive system;
it works !!!*

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Please describe your experiences regarding digestive health and Hemp Hearts:

*Before starting Hemp Hearts I suffered due to my body thinking
every 3 days was enough, so many times lax was needed. Now
you can set your watch (and no chemicals or bloating) to my
daily routine.*

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Please describe your experiences regarding digestive health and Hemp Hearts:

Terrific

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Please describe your experiences regarding digestive health and Hemp Hearts:

Digestive health is regulated by this morning practice of fruit & h.h. Constipation used to be a problem but this seems to be a thing of the past!

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Please describe your experiences regarding digestive health and Hemp Hearts:

If I eat my hemp hearts + fruit every day, I do not have any problem to go, this has been my best way to solve my problem without medication. Thank you for a great product.

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Please describe your experiences regarding digestive health and Hemp Hearts:

They assist in regularity and good bowel health, I am sure!!

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health has NEVER BEEN THIS GOOD PREVIOUSLY. I'M VERY REGULAR + GET "CLEANED OUT" THOROUGHLY EVERYDAY. GOD BLESS HEMP HEARTS!!