

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:

Since using hemp hearts my digestive system has improved and no longer have trouble with constipation. Such a relief!!

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp Hearts regulated bowel movements - no more problems!

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I found hemp hearts was an easy way to add more fibre to my diet and it certainly did improve my digestion

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Please describe your experiences regarding digestive health and Hemp Hearts:

*IT HELPED LAXATIVE WISE
AS I ALWAYS HAD TROUBLE
WITH IT*

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Please describe your experiences regarding digestive health and Hemp Hearts:

I HAVE VERY REGULAR BOWL MOVEMENTS

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I personally put them on my no sugar cereal with fruit (sometimes) & everything works like clockwork. Nothing loose just on schedule like never in my life.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I definitely find that Hemp Hearts keep my digestive system working better - bowels move easily & regularly - no constipation.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Constipation used to be a problem for me. Hemp Hearts keep me regular. I even take it with me on vacation.