

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 have excellent digestive health. I eat hemp hearts with blueberries, raspberries, strawberries or grape fruit for breakfast.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I eat hemp hearts every day in my morning shake & have 3 bowel movements a day.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have no problems being "regular" when I use H.H. but before would be constipated at times.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Provides great regularity - was the reason for starting them

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Please describe your experiences regarding digestive health and Hemp Hearts:

Regular, daily bowel movements with ↓ acid reflux.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Since I eat it with oatmeal I've never been constipated.
I recommend it to my friends for all the health benefits
and for keeping one regular.

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MORE REGULAR,

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Please describe your experiences regarding digestive health and Hemp Hearts:

3 tbsp a day keeps me very regular but
not excessively.