

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:

Yes - good healthy natural way of cleansing the bowels.

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:

MY HUSBAND & MYSELF ARE SENIOR CITIZENS. WE HAVE USED THIS PRODUCT FOR A NUMBER OF YEARS AND IT DOES AID IN OUR DIGESTIVE SYSTEM.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My Hemp Hearts ~~help~~ help keep my system regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Excellent. Keeps me very regular.

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Hemp Hearts knit foods or wastes together & they clean thoroughly as the user knows after each emptying of the bowels

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No PROBLEMS (NO GAS, CRAMPS, ETC.) & SU!

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I had no digestive problems and found that it kept me regular.

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I have no problems in this area so the hemp hearts seem to work well