

## Chia Seeds



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140.00 EGP ??? ??????:

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- Chia seeds origin is from Mexico.
- Chia seeds contain high content of soluble fibers which absorbs water & reaches from 9 to 12 times its size.
  - Chia seeds causes fullness sensation
  - It also contains Omega 3 which helps in fat burning effect.
  - Take from 1 to 3 tablespoonfuls per day.
- Add to your favorite food as yoghurt, cereals, salade, or add to a glass of water & swallow it as it is before meals.
  - One pack contains 100 gram sufficient for 10 days
  - Free Delivery.

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