

## Chia & Flax 'Just Add Water' Sachet

HSIB have launched a product which combines the health and nutritional advantages of both Chia and Flax seeds.



A quick summary of the health benefits of using Chia seeds:

- Lower blood pressure
- Greater hydration (Chia can absorb between 9 and 12 times its weight in liquid – therefore requiring less fluid intake whilst training, or running)
- Help in weight loss (Taken with a drink or swallowed dry and then having a drink – the chia seeds absorb the liquid and you feel fuller).
- Chia seeds has very high fibre content ( Good for the colon)
- Chia seeds is extremely high in protein (Important for muscle repair, body building and recovery after exercise)
- Chia has very high concentrations of OMEGA oils in the right ratios (More than Cod Liver Oil).
- Chia improves endurance, stamina and general well being.

A quick summary of the health benefits of using Flax seeds:

- Helps with weight loss
- Protection against cancers such as breast and prostate
- Increased energy, vitality, and endurance
- Better regulation of blood sugar levels
- Helps reduce stress
- Protection against cancers such as breast and prostate
- Lowered blood cholesterol levels
- Better regulation of blood sugar levels
- Helps to ease inflammation, for example when occurring in arthritis
- Enhanced immune system
- Increased metabolic rate with a positive impact on weight management
- Helps with Attention Deficit Disorder (ADD/ADHD)
- Natural laxative (Helps with weight loss and a feeling of fullness).



It is no wonder that Chia and Flax have been used by top athletes, celebrities, actors, and us the average person for many years. This combination of using Chia and Flax will greatly enhance and benefit all of us.

Look at the tables below to see the Nutritional Values of Chia Seeds and Flax Seeds:

Chia Seeds

Nutritional Information	Quantity per 100g
Protein	20 percent
Carbohydrates	7 percent
Dietetic Fibre	38 percent
Moisture	3 percent
* Omega Fat	19 percent
* Other Fat	5 percent

And here we provide a greater details on Flax Seeds:

Flax seeds (*Linum usitatissimum*),  
Nutritional value per 100 g.  
(Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	534 Kcal	27%
Carbohydrates	28.8 g	22%
Protein	18.3 g	32.5%
Total Fat	42.16 g	170%
Cholesterol	0 mg	0%
Dietary Fiber	27.3 g	68%
<b>Vitamins</b>		
Folates	87 µg	22%
Niacin	3.08 mg	19%
Pantothenic acid	0.985 mg	20%
Pyridoxine	0.473 mg	36%
Riboflavin	0.161 mg	12%
Thiamin	1.64 mg	137%
Vitamin A	0 IU	0%
Vitamin C	0.6 mg	1%
Vitamin E	19.95 mg	133%
Vitamin K	4.3 µg	3.5%
<b>Electrolytes</b>		
Sodium	30 mg	2%
Potassium	813 mg	17%
<b>Minerals</b>		
Calcium	255 mg	22.5%
Copper	1.12 mg	124%
Iron	5.73 mg	72%
Magnesium	392 mg	98%
Manganese	2.48 mg	108%
Zinc	4.34 mg	39%
<b>Phyto-nutrients</b>		
Carotene-β	0 µg	--
Lutein-zeaxanthin	651 µg	--



Consequently, these two `Super Foods` combines provide all the nutritional and health benefits that anyone would need. Chia Seeds `The Runners Food` and `Flax Seeds` `The Dieters Food` combine well to give a great all round health boost for endurance athletes, swimmers, cyclists, weigh lifters and keep fitters.

**Benefits of `Just Add Water` Chia and Flax seeds sachets**

`Just Add Water` Chia and Flax seeds sachets are packed full of nutritional value, small measured amounts are ready packed and available to use anywhere, any time `Just Add Water`. The handy sachet size are cheap and convenient and fit nicely into your pocket, wallet, purse, tracksuit or when on holiday!



### **How to take Chia and Flax seeds**

`Just Add Water' Chia and Flax seeds sachets can be added to water, fruit drinks, smoothies, cereal, bread and much more.

### **When to take `Just Add Water' Chia and Flax sachets**

These sachets due to their portability can be consumed anywhere, anytime `Just Add Water'. Prior to strenuous exercise, during or after as a recovery drink.

Consequently, the convenience of these `Just Add Water' sachets combined with the health benefits and nutritional benefits of using Chia and Flax seeds are very persuasive. So next time you are in a hurry – just reach out for that `Just Add Water' sachet! Enjoy!

HSIB has a large range of innovative 100% natural, wholefood products available and we also provide a huge range of support leaflets – which is expanding rapidly. We are always listening to our customers and are happy to develop products for example `Just Add Water' range which will include in the very near future:

Wheatgrass for detoxifying

Wheatgrass for losing weight

Chia & Wheatgrass for Fitness

Chia & Flax for losing weight

Flax for weight control

Red Maca

Barleygrass and others

For further information on any of these products drop us a line to: [sales@hsib.co.uk](mailto:sales@hsib.co.uk)

And visit our website @ [www.hsib.co.uk](http://www.hsib.co.uk)

