

Chlorella

Tablets x 100 (500mg) @ £5.99 including FREE delivery in the UK

Chlorella is rich in vitamins A, B1, B2, B6, B12, C and E.

Chlorella is packed with highly beneficial magnesium, which improves blood sugar levels, heart health, mental health and relaxation to name a few.

Chlorella also contains other important minerals like potassium, iron and calcium.

Chlorella is a rich source of protein with a balance of important amino acids, including all of the essential ones which the body can't manufacture.

Chlorella is a rich source of Chlorophyll which can improve immunity, alkalinity, and inflammation - it can even fight bad breath.

Detoxification. Chlorella has an amazing ability to bind with toxins like chemicals and heavy metals, and move them swiftly out of the body.

Cancer. Chlorella is a natural anti-carcinogenic agent.

Learn more: http://www.naturalnews.com/027384_chlorella_health_benefits.html#ixzz2IbPVTryh

Red Maca Powder

500g @ £11.95 delivered FREE in the UK!



www.hsib.co.uk

Nutrition Facts	
Serving Size 1 tbsp (14 g)	
Amount Per Serving	
Calories 50	
	% Daily Value*
Total Fat 0	0%
Saturated Fat 0	0%
Cholesterol 0mg	0%
Sodium 8mg	<1%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 2g	4%
Vitamin A	0%
Vitamin C	<1%
Calcium	6%
Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet.

Barleygrass

500g @ £13.95 delivered in the UK!!

Features	Benefits
Powder form	Easily mixed into foods and drinks and more easily absorbed
Contains most major vitamins and minerals	Naturally boost your vitamin and mineral levels
Rich Chlorophyll source	A potent alkaliser
Boasts phytonutrients and antioxidants	Offering cellular protection
Whole food "multi-nutrient"	A functional food provides all the nutrients of a multivitamin, plus more

Barleygrass, contains: very large amounts of vitamins, minerals, amino acids, enzymes and other beneficial nutrients. These include:

- high amounts of folic acid
- essential and non-essential amino acids
- high amounts of antioxidants
- high amounts of vitamin B1 - apparently 30 times the amount in cows' milk; and apparently also 4 times the amount in whole wheat flour
- high amounts of iron - apparently almost 5 times the amount in spinach
- magnesium
- manganese
- phosphorus
- Potassium
- high amounts of carotenoids, including beta carotene - apparently more than 6 times the amount of carotene in spinach

And many others!!!

All this and still only: 500g @ £13.95 delivered in the UK!!



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HSIB Ltd

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Quality Products! Quality Service!

Health & Nutritional
Information on Chia,
Spirulina, Chlorella,
Wheatgrass, Barley Grass and
Red Maca



www.hsib.co.uk

August—September 2013

sales@hsib.co.uk



Chia Seeds (*Salvia hispanica*)

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

Main reasons for buying Chia Seeds

Cut Cravings for foods

Large amount of anti-oxidants

Have more energy

Add Omega 3 to your diet

Lose weight without starving yourself

Chia is a rich source of fibre

500g @ £9.99

1Kg @ £18.50

For larger quantities contact us at sales@hsib.co.uk

Wheatgrass

500g @ £13.95 delivered in the uk!!

Nutritional Information	Quantity per 100g
Calories	368kcal
Protein	13.1g
Total fat	1.56g
Saturated fat	0.22g
Total carbohydrate	75.5g
Dietary fibre	21.7g
C18:1Omega9	28mg
C18:1Omega6	190mg
C18:1Omega3	940mg
Vitamin A	31,000iu
Vitamin B1	380mcg
Vitamin B2	420mcg
Vitamin C	800mcg
Vitamin E	2,940mcg
Chlorophyll	316mg
Sodium	32.6mg
Potassium	1,727mg
Calcium	57.3mg
Iron	10.6mcg
Copper	580mcg
Manganese	137mg
Phosphorus	687mg
Zinc	1.9mg
Selenium	88.10mcg

Wheatgrass is considered to be a complete food in itself. The fact is that one pound of fresh wheatgrass is equivalent in nutritional value to 23 pounds of choice garden vegetables.

This nutrient-rich wheatgrass contains: 17 amino acids which are the building blocks of proteins.

Is a rich natural source of vitamins A and C. It is exceptionally rich in vitamins E, K, and B-complex.

It retains 92 of the 102 minerals found in the soil. Including; calcium, phosphorus, iron, magnesium and potassium.

It is also a natural source of laetrile (B-17).

If you like our service and products please let your friends and family know.

'Just Add Water' Range

The 'Just Add Water' range of supplements are designed for ease of use and convenience. They are designed to be transported in your pocket, purse, track-suit, camping equipment. They have measured amounts of Organic food.

The 'Just Add Water' range now includes:

Chia Seeds 10g per sachet

Wheatgrass 3g per sachet

Barleygrass 3g per sachet

As you are already a customer, please contact us at sales@hsib.co.uk stating the number you require and we will let you know the p&p. Since you are current customers you will not be required to purchase any minimum number. We can also combine Chia seed sachets, barley grass sachets and wheatgrass sachets into one package for you, for example you would like 5 x Chia sachets, 10 x Wheatgrass sachets then we will make them especially for you and since they are clearly labelled there will be no confusion as to which product is in which sachet!

Why not try some Chia Seeds are @18p per sachet

Wheatgrass and Barleygrass are @26p per sachet.

We are extending this range either look out on ebay or www.hsib.co.uk

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