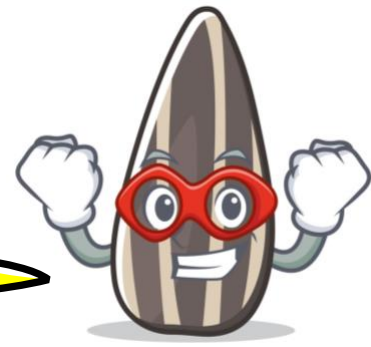




SUPER SEEDS



Chia Seeds

Rich in Antioxidants
Helps lower bad cholesterol
Contains omega 3
Rich in dietary fiber



Sunflower Seeds

Contains Vitamins B & E
Rich in folate
Promotes healthy skin & hair growth
Anti-cancer properties



Caraway Seeds

Improve digestion
Rich in Antioxidants
Contains Calcium & Potassium



Pine Nuts

High source of protein
Helps improve eyesight & bone health
Boost immunity



Flax Seeds

Helps lower bad cholesterol
Contains soluble fiber
Helps maintain blood sugar



Pomegranate Seeds

Help reduce joint pain
Aid in lowering blood pressure
Improve heart health
High in iron and fiber



Poppy Seeds

Rich in omega 3
Contains anti-inflammatory properties
Good source of minerals
Helps digestion



Quinoa

Good source of vitamins & minerals
Helps protect vital organs
Promotes healthy teeth and skin



Sesame Seeds

Rich in Calcium & Iron
Has anti-cancer properties
Rich in dietary fiber



Pumpkin Seeds

Increase immunity
Rich in zinc
Good for skin & eye health



Watermelon Seeds

Good for heart health
Helps control blood sugar
High in protein & fiber
Aids in strengthening the immune system



Wild Rice

Rich in antioxidants
Helps fight chronic diseases
High in potassium & magnesium
Boost energy & immunity