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