

2 TABLESPOONS OF CHIA SEEDS CONTAIN:



64% MORE POTASSIUM
THAN A BANANA

2x THE ANTIOXIDANTS
OF BLUEBERRIES

41% OF YOUR
DAILY FIBRE

5x MORE CALCIUM
THAN MILK

100% MORE OMEGA-3
THAN SALMON

3x MORE IRON
THAN SPINACH

20% PROTEIN

32% YOUR DAILY
MAGNESIUM

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