**CHIA SEEDS**

Chia seeds, incredibly healthy for you and for some reasons-

They contain 2x the potassium of banana, 2x the protein of any other seed or grain, 3x the iron of spinach, 3x antioxidants strength of blueberries and five ties the calcium of milk.

Chia seeds are beneficial and high in fiber and healthy fats, omega 3s, calcium and antioxidants as mentioned earlier.

Studies have shown that high chia seeds diets can help lower LDL cholesterol and triglycerides.

Chia seeds have a Glycemic Index (GI) of 1 and are a great addition to recipes. The gooey texture works great as thickener in the puddings.

Not too shabby for a teeny, tiny seeds, right?

A power house seeds. A super food!

**APPLE CIDER VINEGAR**

Apple cider vinegar is one of favorite for improved gut health and fat loss.

Here is how it helps:-

Apple cider vinegar helps to control your appetite and absorbs beneficial nutrient.

Apple cider vinegar helps lower your blood sugar if consumed before the meals.

Apple cider vinegar prevents fat accumulation and helps the fat burning process.

If you suffer from type 2 diabetes, apple cider vinegar can help you because it has a positive impact on insulin secretion.

Here is how to consume it correctly:-

1 teaspoon of apple cider vinegar should be always be diluted with a large glass of water; after you get used to it you can increase the amount up to 2 teaspoon.

Very important:-

Please make sure the label says organic and with MOTHER on it to get maximum benefits.