

“Chia Seed Capsules” – 600mg each

PRICE:

10's Capsules = as listed on current price list & website

120's Capsules = as listed on current price list & website

DOSAGE: take 2-6 capsules per day, no less than 2 hours before or 2 hours after chronic medication. Do not exceed this dosage. It is said to be safe for children to take. As the capsules are quite large, it is advisable to open the capsule, and mix into the child's food or drink.

FAQs : "Frequently Asked Questions" about **“Chia Seed Capsules”**

► Question 1: What is Chia Seed?

“Salvia Hispanica”.

The origin of Chia Seed is believed to be in Central America where the seed was a staple in the ancient Aztec diet. It is a flowering plant in the mint family native to central and southern Mexico. Chia seeds are packed with nutrients that may support numerous health benefits. Rich in omega-3 fatty acids, protein, Vitamin A, Vitamin B, calcium, fibre, iron, and antioxidants, chia seeds are a nutritional marvel. They bolster the immune system by reducing inflammation and supporting gut health, where a significant portion of immune function resides.

► Question 2: What type and size of capsules are used?

600mg Size 00 “VEGAN Gelatin” Capsules

► Question 3: Does this “Chia Seed Capsules” contain any fillers?

NO

► Question 4: What are the benefits of “Chia Seed Capsules”?

- Antioxidant
- Anxiety
- Anti-inflammatory
- Bone & dental health
- Boosts collagen in skin
- Brain health
- Diabetes
- Digestion
- Healthier hair and nails
- Heart Health

- Improves immune system
- Insomnia
- Lowers blood pressure
- Lowers LDL cholesterol
- Stress
- Weight management

► **Question 5: What is the side effects of “Chia Seed Capsules”?**

1. Chia Seed is generally considered safe for most people. However, some side effects may occur, especially if consumed in large quantities. It is crucial to exercise caution when taking Chia seeds alongside certain other medications.
2. Because of their high fiber content, eating too many chia seeds may cause constipation, diarrhea, bloating, and gas. It is important to drink sufficient water each day.
3. Chia seeds may also cause flare-ups with inflammatory bowel conditions such as Crohn's disease.
4. Eating too many chia seeds may cause side effects, such as digestive issues, allergic reactions, or weight gain.

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using “Chia Seed Capsules”

► **Question 6: Who cannot use “Chia Seed Capsules”?**

- Not to be used by pregnant, lactating women.
- Children under the age of 16.
- See answer to Question 5.

► **Question 7: Is “Chia Seed Capsules” approved by the Medical & Health Authorities?**

NO, it is a 100% herbal and natural product. It is absolutely the client's own decision to follow the pharmaceutical route, or the natural route. Read our full Disclaimer on our website: www.dianas.co.za

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using “Chia Seed Capsules”

► **Question 8: What is the required dosage:**

- DOSAGE: take 2-4 capsules per day, no less than 2 hours before or 2 hours after chronic medication.
- Do not exceed this dosage.
- It is said to be safe for children to take. As the capsules are quite large, it is advisable to open the capsule, and mix into the child's food.

•Important to consult your own Medical Doctor and/or Oncologist prior to using “Chia Seed Capsules”

► **Question 9: Is “Chia Seed Capsules” addictive or habit forming?**

NO

► **Question 10: Will you experience any withdrawal symptoms when quit using “Chia Seed Capsules”?**

NO

► **Question 11: How soon after I start using “Chia Seed Capsules” will I notice a difference?**

Some people may experience the benefits immediately, or after several days. In some cases, it may take longer.

► **Question 12: What is the shelf life of “Chia Seed Capsules”?**

The shelf life is +- 1 year from the date of purchase.

Important to store your “Chia Seed Capsules” away for heat and direct sunlight.