

CHIA SEEDS PROPERTIES



8 AS MUCH

OMEGA 3 AS IN SALMON



2 AS MUCH

POTASSIUM AS IN BANANAS



15 AS MUCH

MAGNESIUM AS IN BROCCOLI



30 AS MUCH

ANTIOXIDANTS AS IN BLACKBERRY



25 AS MUCH

FIBER AS IN LINSEED



5 AS MUCH

PROTEIN AS IN RED BEAN



6 AS MUCH

CALCIUM AS IN MILK



5 AS MUCH

IRON AS IN SPINACH



2 AS MUCH

ACID AS IN ASPARAGUS

Chias is one of the first producers of food and drinks with chia seeds in Europe. We want to help people make healthy life choices by influencing their bodies and developing their minds and spirits. We motivate to attain goals.

CHIAS

FEEL THE POWER OF CHIA SEEDS

 @chias_eu

 CHIAS

www.chias.eu | hello@chias.eu

CHIAS ESSENTIAL

Chias is a liquid snack containing chia seeds and fruit juices. It nourishes instantly and adds strength when it's most needed. It profoundly hydrates your body and satisfies hunger. It is a light, nourishing and healthy snack you can grab between meals or any time you feel like.



LIQUID SNACKS

CHIA POMEGRANATE
HIBISCUS

CHIA MANGO
PASSION

CHIA RASPBERRY
PASSION

CHIA APPLE
PINEAPPLE MINT



100% NATURALNY



BEZ DODATKU CUKRU



WEGAŃSKI



BEZ GLUTENU



BEZ KONSERWANTÓW



BŁONNIK



OMEGA-3



BEZ LAKTOZY



NISKOKALORYCZNE

CHIAS SHAKE

Chias Shake is a fit dessert based on chia seeds and coconut milk where you don't count calories but absorb healthy nutrients and ... moments of delicious bliss. Don't deny yourself the pleasure, a dessert should taste like a dream. Simply, you can, or even have to, taste it more often, than just from time to time.



FIT DESSERTS

CHIA COCO CHOCO
CINNAMON

CHIA COCO
PINEAPPLE TURMERIC

CHIAS FUNCTIONAL

It's a line of functional drinks. Chias energy provides a real dose of energy from natural caffeine and guarana with the support of magnesium which reduces fatigue and supports mind functioning. Chias Harmony is a relaxing drink with melissa and camomile. Herbs that it contains will ease your tired mind and clear your thoughts.



FUNCTIONAL DRINKS

CHIA MELISSA
CAMOMILE

CHIA GUARANA
CAFFEINE

NEW