

Chia seeds, despite their health benefits, can reduce the effectiveness of some drugs. For example, these are drugs for blood pressure, anticoagulants and antiplatelet drugs, diabetes.

Belongs of blood pressure. Antioxidants and peptides in chia seeds can naturally also reduce blood pressure and improve heart health. In combination with high -pressure medicines, this can reduce it too much.

Anticoagulants and anti -aggregate drugs. Chia seeds help prevent blood clots in the bloodstream. However, if you simultaneously take drugs that liquefy blood, this can cause bleeding.



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Diabetes. Chia seeds can be too much reduced by blood sugar, if you eat them simultaneously with the use of drugs for diabetes.

Medicines for diabetes and not only: what medicines cannot be taken
with the seeds of Chia

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.