

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.



Getty images

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

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