

With a combination of some products with chia seeds, you may have discomfort in digestion. That's what it is better to refuse.

**Dry granol.** Chia seeds absorb a lot of water and swell, forming a gel. If you add them to granola, which already contains a lot of dry ingredients, you may encounter slow digestion, a sense of heaviness in the stomach, bloating. In some people, this leads to constipation.

**Flax seeds.** They contain a large amount of fiber, especially soluble, like chia seeds. The combination of these two products can overload the digestive system and cause gases, bloating, diarrhea or constipation. In very rare cases, this leads to intestinal obstruction.

**Beans and lentils.** They reduce blood sugar, like chia seeds. Also in beans there are many fermented carbohydrates and fiber, which can cause gas formation or bloating. The addition of Chia seeds to this will further enhance discomfort.



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**Cross -stained vegetables.** They are nutritious, but can lead to gas formation, especially in

raw form. Their combination with the seeds of Chia will overload the intestines and cause gases, cramps, bloating.

**Shipy drinks.** These drinks can cause bloating, gas formation. Soluble fiber in Chia seeds will only slow down digestion.

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