

A wooden spoon is shown from a top-down perspective, filled to the brim with organic chia seeds. The seeds are small, oval-shaped, and have a mottled appearance with shades of brown, grey, and white. The spoon is light-colored wood with a smooth finish. The background is plain white.

ORGANIC CHIA SEED TO GO

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BODYKEY ORGANIC CHIA SEED TO GO



Convenient sachets



High quality ingredients



Boost nutritional intake



Great add-on to meals & drinks

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THE POWER OF CHIA

Nutrient Content



High **fibre**



High quality
plant-based **protein**



Rich with plant-based
source of **omega-3
fatty acids (ALA)**



Loaded with
antioxidants



Source of other
nutrients (e.g. calcium,
magnesium & iron)



THE POWER OF CHIA

Per Gram Comparison



30%

more antioxidants
than blueberries

25%
more fibre
than flaxseed



5X

more folate
than spinach



8X
more omega-3
than salmon



6X

more calcium
than milk

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6627181/>

<https://www.globalfoodsandprovisions.com/wp-content/uploads/2014/12/Chia-Seed-Information.pdf>

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REASONS TO LOVE CHIA



Aids in weight management



Promotes healthy digestion



Energy booster



Supports heart health



Builds strong bones



Improves skin health



HOW DOES IT HELP WITH WEIGHT MANAGEMENT?

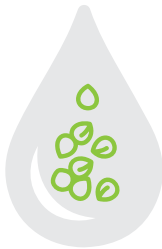


Include into a healthy plate as 'whole grains' or 'protein' portion

or



Mix and match with Soy Protein Drink/BK Meal Replacement Shake



Fibre in chia seeds
absorbs up to 10-12 times

their weight in water and expands in the stomach, helping you stay fuller for longer

The combination of fibre, protein and the gelling action of chia seeds suppresses appetite and cravings.



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ENJOY BENEFITS ALL DAY LONG



* Note: It is important to drink adequate water when consuming chia seeds to prevent constipation.



HAVE FUN WITH CHIA SEEDS

Fruity Chia Pudding 170kcal/serving



Ingredients

- 1 cup almond milk
- 1-2 tsp honey
- 2 sachets BodyKey Organic Chia Seed To Go
- Your favourite fruits (chopped/sliced)

1. Mix all ingredients in a bowl or container, stir well and refrigerate overnight.
2. Top it up with fruits and enjoy cold.

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Picture is for illustration purpose only.

HAVE FUN WITH CHIA SEEDS

Granola Oat Chia Bars 81kcal/serving



Ingredients

- 1 scoop Nutrilite Soy Protein Drink
- ½ cup rolled oats
- 1 tbsp honey
- ½ cup chocolate spread or peanut butter
- ½ cup granola mix
- 2 sachets BodyKey Organic Chia Seed To Go

1. Add all the ingredients in a mixing bowl and roll into a dough.
2. Place the dough on a flat surface and press evenly to flatten it.
3. Cut into bars and enjoy.
4. Store the leftover bars in the freezer.

Picture is for illustration purpose only.

HAVE FUN WITH CHIA SEEDS

Mango Melon Chia Smoothie 310kcal/serving



Ingredients

- 1 cup diced mango
- 2 tbsp low fat yoghurt
- 1 sachet BodyKey Meal Replacement Shake (Vanilla)
- 1 cup diced rock melon
- 1 cup ice cubes
- 50ml water
- 1 sachet BodyKey Organic Chia Seed To Go

1. Blend all the ingredients together.
2. Serve cold.

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