



# Side Effects Of Excess Chia Seeds Consumption



Diarrhea



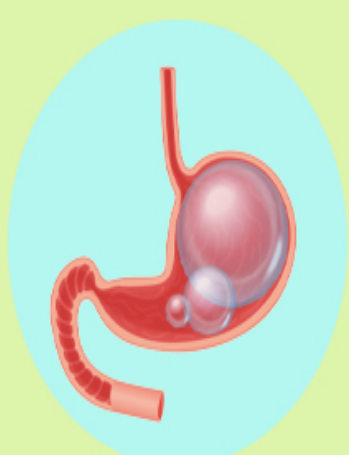
Hypotension



Abdominal  
pain



Decreased blood  
sugar level



Bloating



Vomiting

## References

1. Super Seeds: Chia & Flaxseed; UMass Chan Medical School
2. Dietary Fiber; National Institutes of Health
3. Allergen Characterization of Chia Seeds (*Salvia hispanica*), a New Allergenic Food; JIACI
4. Effect Of Chia Seed (*Salvia Hispanica L.*) Consumption On Cardiovascular Risk Factors In Humans; National Institutes of Health