

# LEARN MORE

## BUCKWHEAT



Buckwheat a seed that is high in both protein and fiber. It provides a high source of amino acids, vitamins, minerals and antioxidants. Buckwheat's beneficial effects are due in part to its rich supply of flavonoids, particularly *rutin*. It is also a good source of magnesium.

## CHIA SEEDS



Chia seed is nutrient dense and packs a punch of energy boosting power. They are rich in fiber, omega-3 fats, protein, vitamins and minerals which supports the heart and digestive system. Being high in dietary fiber, chia helps promote bowel regularity and healthy stool.

## WHEAT GERM



Wheat germ is the small, nutrient-containing center of a wheat kernel that contains the vast majority of the nutrients. It is an excellent source of proteins, along with fiber and healthy fats. Wheat germ can aid in boosting your immunity and help to keep your heart and cardiovascular system healthy.

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Buckwheat Healthcare Products Pte Ltd  
[www.buckwheat.com.sg](http://www.buckwheat.com.sg)





# BUCKWHEAT CHIA SEED COOKIES

*Simply Delicious . Simply Good .*



*Buckwheat*



*Wheat Germ*



*Chia Seed*

Goodness doesn't stop at taste, our cookies are made with chia seeds, buckwheat and wheat germ that contains dietary fibre, protein, and omega-3. Keep your mouth and your digestive system happy with our delicious cookies.

*Less Sweet!*



Made in Singapore

