



SNEAKY SEEDS

ORGANIC SEED BLEND POWDER

PER FULL
2 TBSP
SERVING

10g
FIBER

6g
PLANT PROTEIN

4g
OMEGA-3S

What are Sneaky Seeds?

Made to blend invisibly into the foods you already enjoy. Sneaky Seeds dissolves with **no flavor**, so caring for your gut health becomes the simplest part of your day. Each scoop feeds beneficial gut bacteria and helps rebuild your natural biodiversity — helping you feel better, simply by increasing fiber.

Why fiber?

- 1 It feeds your gut bacteria.** Fermentable fiber from flax and chia is food for the beneficial microbes already doing the work.
- 2 It keeps things moving.** Gel-forming fiber adds bulk and softness, supporting comfortable, predictable regularity.
- 3 It keeps you full for longer.** Fiber slows digestion down, so hunger turns up later than it otherwise would.
- 4 It steadies everything else.** Research links these fibers to healthy cholesterol and steadier blood sugar. Ask and I'll send the studies.

95%

of us don't get enough fiber. Adults need roughly 25–38g a day — most of us manage around 15g.

What's inside?

Organic Flax	Soluble fiber, plus omega-3s.
Organic Chia	More soluble fiber — forms a gel that holds water.
Organic Hemp Protein	Plant protein and healthy fats.
Organic Psyllium	Gel-forming fiber — the broom that sweeps the digestive system through, leaving the good bacteria in place.

Where to sneak it

Breakfast: oatmeal, yogurt, smoothies, pancake batter, scrambled eggs

Dinner: soups, sauces, chili, mac & cheese, tacos, dressings

Baking: muffins, banana bread, cookies

Caring for someone: baby & toddler food, soft meals, mashed potato

Who it's for

Parents of picky eaters — nothing to taste, so nothing to argue about

Busy and active adults — fiber, protein and omega-3s, no new routine

Seniors and caregivers — gentle nutrition that stirs into soft meals

Free from the Top 9 Food Allergens

Gluten Free

Vegan

No Added Sugar

No Artificial Sweeteners, Dyes or Additives

Seeds can be allergens themselves — not for anyone with a known flax, chia, hemp or psyllium allergy.

What's your concern?

Tick the one that sounds most like you — it helps me point you in the right direction.

- | | |
|---|--|
| ☐ I want to learn more | ☐ I'm a busy parent of a picky eater |
| ☐ I'm working on my gut health | ☐ I struggle with bloating and discomfort |
| ☐ Regularity and digestion | ☐ Supporting my gut on a GLP-1 |

STARTER

Starter Pouch

Thank you for buying a starter pack — try before you commit.

Starting today, add **one tablespoon** to food you were going to eat anyway. By day five you'll know whether to increase to two tablespoons or stay at one.

1

1 tbsp

2

1 tbsp

3

1 tbsp

4

1 tbsp

5

1 tbsp

LARGE

Large Pouch

Thank you for buying a Large Pouch.

Start by adding **one tablespoon** to your and your family's food for the first week, then **increase to two** when you're ready. Move up when it feels easy — plenty of people stay at one tablespoon, depending on their diet.

~2 months

at 1 tbsp a day

~1 month

at 2 tbsp a day

Three things worth knowing

- 1 Don't go straight to two tablespoons.** Start gradually — your gut needs time to adjust, and the first day or two you might feel a little bloated. That settles.
- 2 Drink water with it.** Psyllium husk and chia both absorb liquid — you must stay hydrated.
- 3 Consistency beats quantity.** One tablespoon every day does more than two tablespoons twice a week.

Any question at all — just ask. I blend every batch myself, and I answer every message personally.

Eliza

FOUNDER · SNEAKY SEEDS

The smartest thing you'll never taste.

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Made in a cottage food operation that is not subject to Florida's food safety regulations. For education only — not intended to diagnose, treat, cure or prevent any disease.