

## Benefits of Chia Seeds

**Intestinal Health:** The rich oils and fiber of chia seeds give them a mild laxative effect and bulking ability. Many people notice improved regularity and less gas and intestinal upset.

**Bone Health:** Because of the high concentration of calcium in chia, it is an excellent way to add calcium to the diet, thereby helping to maintain optimal bone and joint health. The omega-3 fatty acids are known to help reduce inflammation and their consumption is encouraged for people with arthritis.

**Athletic Performance:** The high protein content of chia provided a balanced complement of protein derived amino acids to help with muscle growth and development. The omega-3 fatty acids may have an anti-inflammatory effect which would help with exercise recovery.

**Heart Health:** Chia seeds are rich in many nutrients important for maintaining a healthy heart and circulatory system. The rich fiber content and omega-3 fatty acids are important for maintenance of a healthy blood lipid profile. Calcium and magnesium are important for the electrolytes for heart muscle.

## Typical Nutritional Content of Chia Seeds

Nutrients per 100 grams of seeds  
(typical daily intakes are 20-30 grams)

Omega-3 fatty acids ( $\alpha$ -linolenic acid).....	18 grams
Protein.....	15 grams
Dietary Fiber.....	36 grams
Calcium.....	630 mg
Copper.....	2 mg
Iron.....	16 mg
Magnesium.....	390 mg

Other nutrients that may be present as antioxidant pigments and seed constituents include caffeic acid, chlorogenic acid, quercetin, kaemferol and other phenolic compounds.

Bioavailability of the above nutrients is affected by grinding, cooking etc.

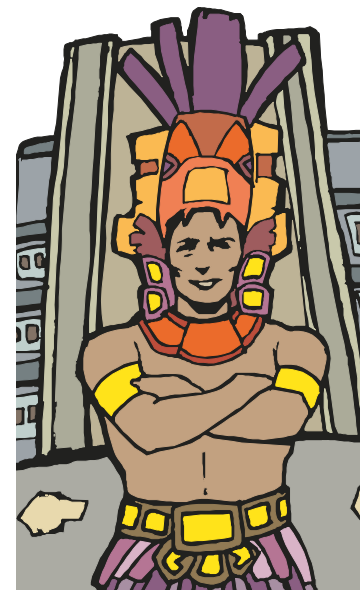


**Daily Manufacturing**  
Blending Science and Nature for Optimal  
Nutrition

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# Chia Mia!

*Health Secret of the Aztecs*



**Non-GMO**

**Pesticide Free**

**Gluten Free**

**Rich in Omega-3**

**High Protein**

**High Fiber**

**Organically grown Chia Seeds**  
from South America  
Processed and Packaged by  
**Daily Manufacturing Inc.**  
Rockwell, NC 28138 USA

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Nutrition

## What are Chia Seeds

Chia (*Salvia hispanica* L.) is a member of the Lamiaceae (mint) family. It is native to Latin America where it has been an important agricultural product for centuries.

Chia seeds are naturally a mixture of dark and light seeds. The seeds with little pigment are often referred to as white seeds. They actually are more of a gray color, but are lighter in color than some of the other seeds which can be almost black. There appears to be little or no difference in the nutritional content of the different colored seeds, as shown below, although plant pigments frequently have health benefits.

### Nutritional Content of Black vs. White Chia

Nutrient %	Black Chia	White Chia
Protein	16.9	16.5
Lipids	32.6	32.4
Omega-3 (% of lipids)	64.8	64.7

The above are averaged amounts in chia grown in different locations. Where the seeds were grown had an effect on nutrient content but color did not.

## Chia Research

Oil from Chia seed was shown to inhibit cancer growth and metastasis in mouse mammary glands. This was associated with a decrease in harmful omega-6 fatty acid products, probably due to the high omega-3 fatty acid content of the chia oil. There was also greater immune response against the tumors and increased cellular death of the tumors. The authors stated that "Present data showed that ChO (chia oil), an ancient and almost unknown source of omega-3, inhibits growth and metastasis in this tumor model". Source: Espada et al. (2007) *Prostaglandins Leukotrienes Essential Fatty Acids* 1:21-28.

Ground chia seeds (≈37 grams) were given to diabetic patients in a blinded placebo controlled study. Both groups had well controlled diabetes, but the chia group experienced a lowering of blood pressure, and C-reactive protein (a marker of chronic inflammation). Hemoglobin A1C was also reduced in the subjects receiving chia, suggesting that the diabetes was better controlled in the chia group. Plasma levels of two Omega-3 fatty acids, ALA and EPA, were doubled in the chia groups. This study suggested that chia improved the cardiovascular health of this high risk group. Source: Vuksan et al. (2007) *Diabetes Care*, 30:2804-2810.

## Quality of *Chia Mia!* Seeds

Daily Chia Mia chia seeds are the highest quality available anywhere. There is a lot of inferior chia products on the market that are contaminated with weed seeds and other filth. Chia Mia is impeccably processed and very clean. It is processed in an ISO 9001:2000 facility that is GMP and HACCP certified. The certifications guarantee:

1. Product traceability
2. Controlled & constant quality
3. A high level of purity
4. Improved production forecast
5. Continual monitoring and improvements of operation

Chia Mia seeds are not yet USDA certified as organically grown, but are grown organically and we hope to have USDA certification in the future. Currently, the USDA has granted our product an exemption and can be used in a USDA organic product as an organic ingredient in the range of 35-80% of a blended product. We feel that the certifications and organic status of Chia Mia seeds are very important since there has been recent concern about the safety of imports.