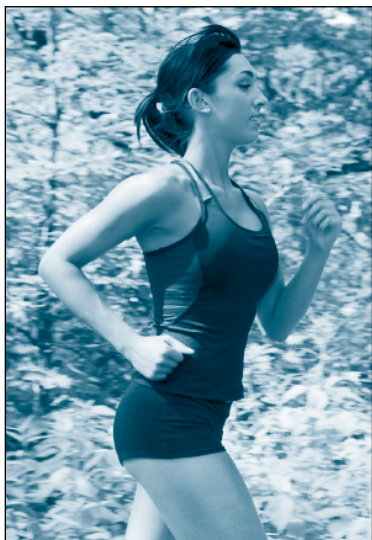


OMEGACHIA™ AND OMEGACHIA™ OIL

High-Density Vegan Omega-3s



Chia seed, often called the “forgotten crop of the Americas,” was among the primary foods of the Aztec civilization. The ancient chia seed was perhaps the first superfood, and was most valued after corn. Chia is the highest known plant source of omega-3 fatty acids, which are critical to many of the body’s systems. Source Naturals now introduces two high-density omega-3 products, OMEGACHIA seeds and OMEGACHIA OIL. Current research confirms that omega-3s offer vast benefits to the brain and the circulatory system. As a result, omega-3s have been widely recognized as an important addition to the modern diet for maintaining health. Source Naturals OMEGACHIA seeds and OMEGACHIA OIL are anti-inflammatory, and provide an abundant supply of ALA which can convert to EPA

and DHA in the body. OMEGACHIA also provides healthy amounts of fiber, antioxidants and minerals.

In the SystemiCare™ health model, Source Naturals has identified twelve deep metabolic functions that serve to maintain overall health. OMEGACHIA seeds and OMEGACHIA OIL are featured products in Source Naturals’ SystemiCare system. OMEGACHIA products support four of these twelve metabolic functions—Circulation, Inflammation Response, Antioxidant Defense and Sugar Regulation.



Strategies for WellnessSM

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Ancient Superfood

The chia grain is an ancient superfood consumed by Aztec warriors for strength, endurance, and vitality. Revered by a succession of Aztec emperors, chia was so valued that it was used as currency and offered to their gods. The seeds were even placed within the tombs of the Mayan and Aztec emperors for the next world. Royal planters employed by the emperors grew chia seeds in "floating gardens" surrounding their capital city of Tenochtitlan. Modern farmers are discovering the potential of chia and are cultivating it throughout the southwest. Chia's extremely high content of omega-3s, fiber and antioxidants creates exceptional possibilities for the improvement of health and nutrition. Chia can be considered the perfect functional food.

In ancient times, warriors and runners carried a sack of chia seeds or flour to eat for stamina and sustenance. Natives running from the Colorado River to the California coast to trade turquoise for seashells would bring only chia seed for nourishment. Indigenous natives could run continuously for 12 hours on chia alone, which became known as "the running food." Today, long distance runners in many countries train on chia seed.

High-Density Omega-3

The omega-3 fatty acids, ALA, EPA and DHA, are critical to healthy cellular development. In studies, chia seed was found to be the richest plant source of omega-3 fatty acids available, with more than 60% of its fat content as omega-3s. Chia contains the alpha linolenic fatty acid known as ALA, which, when consumed, can convert to EPA and DHA in the body. Chia's unequalled omega-3 fatty acid stability is the result of its plentiful natural antioxidants. It has even more omega-3s than flaxseed, which has other limitations nutritionally. Modern diets include too much omega-6, but not enough omega-3s. An overabundance of omega-6 fatty acids can trigger inflammatory responses. In contrast, omega-3s produce vital compounds that minimize inflammatory response. Chia's high quantities of omega-3s support the body's fatty acid balance, support healthy inflammation response, and assist with brain function.

Nutrient-Dense Power

Chia is one of the most nutrient-dense foods known to man. Chia seed has been long respected for its ability to sustain, give endurance and provide a wide variety of nutrients. It's highly valued by athletes because it slows the conversion of carbohydrates into sugar, creating long-term sustainable energy. This process reduces appetite as well. Chia seeds are 30% oil, which is plentiful in omega-3s. Chia seeds contain fiber and

are packed with B vitamins, calcium, phosphorus, potassium, magnesium, manganese, molybdenum, zinc and copper. Chia contains more iron than spinach, and even more antioxidants than blueberries, making it one of nature's most nutrient-dense foods. Chia seed is gluten-free for sensitive individuals.

Fiber-Rich

Chia seeds are also high in dietary fiber. Chia seeds can absorb twelve times their weight in water. When consumed, chia forms a gelatinous substance that moves slowly through the gastro-intestinal system and acts as a natural fiber cleanser. Chia also forms a physical barrier within the intestinal tract, which may slow carbohydrate consumption. Chia can be stirred into a glass of water and left for 5-10 minutes. After a period of time, the liquid will be very gelatinous. This gel-forming reaction is due to the soluble fiber in chia. It can then be eaten as is, or mixed in foods. After consumption, chia releases its nutrients into the intestinal tract more slowly over time, giving sustained energy and nutrition.

Multi-Purpose Food

In ancient times, warriors would mix chia seeds with water or fruit juice and agave nectar to make "chia fresca," or "fresh chia." Today, people in Mexico and South America still make this popular, refreshing drink. You can add chia to any dish, or sprout it as you would alfalfa seeds and use it in salads. Chia is the perfect, all-natural survival food. Try including Source Naturals OMEGACHIA seeds and OMEGACHIA OIL in smoothies and meals for a nutritious addition to your daily diet.

Chia has come full circle from the days of Aztec warriors carrying the seeds in sacks to maintain stamina throughout their long days. Today, people are discovering the nutrient-rich properties and delicious new uses of an ancient staple, chia seeds.

References

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