**ABOUT CHIA**

Chia seed is an amazing source of omega-3 fatty acid, is 21% protein, 19% fiber and contains all the essential amino acids.

Chia was one of the primary crops grown by the Toltec and Aztec civilizations. It is among the first crops in history to be commercially grown and was a staple in the Mesoamerican diet for several thousand years until European conquerors nearly caused its extinction by banning its cultivation and consumption due to its use in religious rituals. We think the high incidence of diabetes and coronary disease in Mexico is due to the removal of chia from their ancestral diet.

Although both omega-3 and omega-6 fatty acids are essential for human health it is important to know that since Paleolithic times the ratio of omega-6 to omega-3 in our daily food has changed from 1/1 to about 16/1 and is out of balance today. Coronary disease is associated with a lack of these essential fatty acids.

Our traditional sources of omega 3 have been compromised by big agribusiness where feed lot cattle get no omega 3 from their diet,

That’s the reason why dietary experts strongly recommend the supplementation of omega-3 fatty acids in order to prevent a wide range of diseases.

Chia is a safe vegetarian product and has a pleasant taste and no fishy smell.   
Get your daily Omega 3 from chia, its marvelously versatile and can be used in any beverage, salad, cold or hot cereal, just use your imagination. Check Chia Recipes

Chia Seed has an outstanding quantity of poly-unsaturated fatty acids including an amount of 60 per cent or more of precious omega-3 linolenic acid, the highest percentage in the plant kingdom. It has more omega 3 than flax without any of the anti-nutritional qualities of flax. Did you know that flax is banned in France, limited in Germany, Belgium and the USA as a nutritional component? It is gluten free and hypoallergenic, so if you have gluten allergy, you must try chia.

Chia will undoubtedly become a leading omega-3 source as the potentiality of heavy metals in fish oil becomes more of an issue with consumers.

Chia can readily compete with fish oil as a source of Omega 3



