

Omega³ CHIA

Ancient Seed Powerful New Superfood!

Omega 3 Chia™ is the world's richest whole food source of omega 3 fatty acids, dietary fiber, calcium, and antioxidants. These abundant nutrients support cardiovascular, digestive, bone, joint, neurological, visual, and immune health.

Omega 3 Chia™ is not processed or manufactured in any way. It is a whole grain that is harvested and can be eaten right from the plant, or used in many food and beverage products to improve taste and nutrition. Omega 3 Chia™ is Gluten Free.

Omega 3 Chia™ Nutritional Benefits

One 22 gram (2 Tbsp) serving of Omega 3 Chia™ delivers:

- 3.9 g omega 3 fatty acids (100% of American Heart Association RDA), proven to support cardiovascular health, with emerging research showing benefit to joints, the immune and nervous systems, and vision
- 8.3 g dietary fiber (1/3 of USDA RDA) to support digestive health
- 139 mg calcium (about 1/3 of average daily calcium deficit in US diet) to support bone health
- Antioxidants (ORAC value of 70 umoles TE/g makes it one of the world's richest whole food sources of antioxidants—even richer than whole blueberries), including myrecetin, quercetin, kaempferol, chlorogenic acid, and caffeic acid
- 3.4 g complete protein (has all essential amino acids)



Research on Health Benefits of Omega 3 Chia™ (Provisional patent US # 60/868,086)

In diabetic subjects:

- Decreased systolic blood pressure
- Decreased C-reactive protein (CRP; a marker of chronic inflammation associated with increased stroke and heart attack risk)
- Thins blood, which is likely to be protective against heart attack and stroke
- A low glycemic index food, decreasing post-meal blood sugar spike and subsequent drop, leading to decreased feelings of hunger

In normal subjects:

- Pending study by Nutritional Science Research Institute (NSRI) with Dr. David Nieman, Professor of Exercise Physiology at Appalachian State University. Results available mid-to late 2007



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Omega 3 Chia™ Frequently asked questions

What is Omega 3 Chia™ ?

Omega 3 Chia™ is the world's richest whole food source of omega 3 fatty acids, dietary fiber, calcium, and antioxidants. Omega 3 Chia™ is not processed or manufactured in any way. It is a nutrient dense whole grain that is harvested and can be eaten right from the plant, or used in many food and beverage products to improve taste and nutrition.

What is the regulatory status of Omega 3 Chia™ ?

Omega 3 Chia™ is considered by the FDA to be a dietary supplement.

What safety studies are available for Omega 3 Chia™ ?

Omega 3 Chia™ is ISO9000 and organically grown.

How often should Omega 3 Chia™ be eaten?

One 22 gram (2 Tbsp) serving will deliver more than 100% of the American Heart Association suggested daily dose of omega 3 fatty acids. Two servings a day have been shown additionally to have further benefit to support gastrointestinal and bone health.

Who should eat Omega 3 Chia™ ?

- Anyone who wishes greater nutrition in their diet
- Those with cardiovascular risk factors
- Those needing increased calcium intake
- Those wishing greater gastrointestinal regularity
- Those needing increased fiber in the diet
- Those wishing to decrease hunger should take it before meals
- Those needing a rich source of antioxidants
- Those wishing a substitute for fish oil
- Those on gluten free diets

What are the applications for Omega 3 Chia™

- Right from the container
- Mix with cereal, oatmeal, soups, dressings, sauces
- In yogurt, on salads, with ice cream
- Use in baked goods to add nutrition and as a substitute for oil in recipes
- In a beverage
- In a bar

How should Omega 3 Chia™ be labeled?

Omega 3 Chia™ (*Salvia hispanica* L)

Omega 3 Chia™ Nutritional analysis (100g)

Calories	Total Fat	Saturated Fat	Trans Fat	Polyunsaturated Fat	Monounsaturated Fat	Omega 3 Fatty Acids	Omega 6 Fatty Acids	Cholesterol
490	30.8g	3.2g	0g	23.3g	2.1g	17.6g	5.8g	0g
Total Carbohydrate	Total Fiber	Total Protein	Calcium	Phosphorous	Potassium	Sodium	Zinc	
43.8g	37.7g	15.6g	631mg	848mg	160mg	19mg	3.5	



**Bringing Pharmaceutical Grade
Research to Nutritional Products**

**Nutritional Science Research Institute
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