

Omega 3 Chia VS Flax

Omega 3 Chia is superior to flax and any other whole food plant.

Omega 3 Chia has 25% more protein, 2 times as much calcium, and 25 times more lignans than flax.

Omega 3 Chia has more antioxidants and the highest natural source of Omega 3's, antioxidants, fiber and lignans.

Flax has a strong flavor. Omega 3 Chia has a neutral flavor that actually enhances the flavor of the food that it is added to.

The US government regulates flax consumption to no more than 12% of your total caloric intake. Flax contains vitamin B interrupters that can cause malnutrition. Flax seed cyanogens convert into cyanide, a poison that can be life threatening. Omega 3 Chia is considered a whole food source and is not limited to how much can be consumed daily.

Omega 3 Chia gels better than flax and is very versatile in recipes.