



Health Matters

by

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Those of us with hectic, demanding lifestyles are challenged with getting a nutritious, whole-food diet. One easy way is to eat “super foods” with key nutrients that help our bodies maintain optimized health. Chia was cultivated by the Aztec and Mayan cultures in pre-Columbian times as a staple food along with beans and corn, but today, chia is considered a “super food” because science has shown it to have a highly nutritious profile, with 22% easily - digested complete vegetable protein (more than soy), 40% dietary fiber (more than wheat bran) and 35% beneficial heart-healthy Omega 3 (more than flax). We recommend a blend called **ChiaFactors** because it contains both black chia, with a higher antioxidant value and white chia with more Omega 3. Only 1 Tbsp added to your favorite food or beverage daily is all you need. As always, we guarantee our satisfaction.

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