

# SALVIA PURE™

Nature's Richest Whole Food



## What is Salvia Pure™ Salvia Hispanica L.

**Salvia Pure™** Salvia Hispanica L. also known as (Chia seeds and salba) is one of nature's richest whole foods. This ancient seed is the **richest plant source of omega-3 fatty acids known**; even higher than flax seed and much more digestible. It has been called nature's most powerful superfood, containing not only essential fatty acids (omega -3) with an ideal **omega 3** to 6 ratio; but is also a superior source of protein, beneficial fiber, vitamins, minerals, phytonutrients, and age fighting antioxidants. Imagine having greater energy, endurance, and go power. Salvia Hispanica L. provides sustained energy, super nutrition, and offers many other healthy benefits, including building lean muscle mass, supporting cardiovascular health, and stabilizing blood glucose levels.

## Where does Salvia Pure™ (Salvia hispanica L.) come from?

The Salvia Hispanica L. botanical variety has been grown in South America for more than 500 years and is currently produced in Peru and Bolivia. **Nature's Own™ Salvia Pure™** (Salvia Hispanica L.) is certified kosher and is both gluten and nut free and are neither hybridized nor genetically modified (GMO). **Nature's Own™ Salvia Pure™** contains a mixture of both white and black seeds. There are two seed colors, white and black. Some people are claiming that the white seeds are more potent but this is not the case. Both seeds contain essentially the same amount of **Omega - 3**, protein, fibre, etc. **Nature's Own™ Salvia Pure™** is completely natural and is packed with more naturally occurring beneficial nutrients than most fruits and vegetables.

In ancient times Salvia Hispanica L. was highly valued by the ancient Aztecs and Maya; Salvia Hispanica or chia was a staple food consumed specifically for greater energy by runners, warriors and athletes. Legend has it that Aztec messengers could run from village to village over a number of days on only eating a handful of this nutrient packed seed daily. That is why they call this ancient energizing seed the "Aztec running food".

## Who should use Salvia Pure™?

**Salvia Pure™** Salvia Hispanica L. is an ideal food for everyone. All ages can benefit from this perfect whole food source to help enhance ones health and vitality.

## What is an essential fatty acids?

Essential fatty acids are so called because they cannot be synthesized in the body and therefore have to be obtained from foods. Omega-6 and **Omega-3** are the essential fatty acids for humans and animals. They are the precursors of powerful hormones that affect many biological processes; they help maintain a healthy skin, and are involved in cholesterol metabolism. Salvia hispanica L. contains some omega-6 essential fatty acids and exhibits a favorable **omega-3** to omega-6 ratio. Modern diets today are very rich in omega-6 and contain too few omega-3 fatty acids. This imbalance increases the risk of coronary heart disease and also heightens the body's natural inflammatory processes.

## What current research findings show?

Canadian Researchers report that Salvia hispanica L. or Chia may help regulate blood pressure and other risk factors for heart disease in people with diabetes. In this single blind cross over study, the Chia seed reduced systolic blood pressure, on average, by 6 points mmHg, reduced low grade body inflammation (as measured by c-reactive protein) and made blood thinner and less prone to clotting.



## More Powerful Health-Building Benefits of Salvia Hispanica L. or Chia:

- **Improves Cardiovascular Health.** Provides **Extremely High levels of Heart-Healthy Essential Fatty Acids (EFAs)**. Chia's oil contains the **highest known percentage of omega-3 alpha-linolenic acid**, an incredible 62%-64%! Foods really can be the best medicine.

- **Stabilizes Blood Sugar.** Reduces Blood Glucose Swings and Supports Conditions of Hypoglycemia and Diabetes. Chia's soluble fiber exerts a stabilizing influence on blood glucose levels by regulating the rate at which complex carbohydrates are digested and assimilated in the body. This creates steady, stable blood glucose levels; which means steady, high energy levels.

- **High Quality Protein.** Chia Contains 20% or More of high quality, vegetable source Protein. The amino acids of chia's protein offer a complete protein source providing all of the essential amino acids in an appropriate balance providing both super nutrition and staying power to support your active, healthy lifestyle. Plus chia is high in Natural Antioxidants unlike flax, which means it stays fresh longer and supplies powerful dietary antioxidants.

- **Reduces Cravings for Sweets and junk food.** Chia's Soluble Fiber Allows the Measured Release of its Natural, Unrefined Carbohydrate Energy into the Bloodstream. This is the opposite of a blood sugar rise followed by a crash, which happens when consuming foods high in sugar, refined carbohydrates (e.g., white bread), and sweeteners such as fructose corn syrup.

- **Promotes Lean Muscle Mass.** Chia's High Quality Vegetable Protein Source Helps Build Increased Lean Muscle Mass. It is useful for weight loss and weight maintenance and is suitable for low carb diets and vegetarian diets.

- **Improved Mental Focus and Concentration.** Chia's balanced Essential Fats (Omega-3 and Omega-6) Can Significantly Boost Brain Power and Brighten Mood (EFAs are Known for their antidepressive effects). Essential fats make cell membranes more flexible, and enable more efficient membrane function, including better nerve transmission and nutrient transport into cells. A healthy nervous system supports more efficient brain function.

- **Super Hydration and Electrolyte Balance.** Chia's Soluble Fiber (i.e., Hydrophilic Colloids) Massively Retains Water, Keeping one well hydrated and maintaining ones electrolyte balance. Chia seeds hold 12 times their weight in water. When consuming chia seeds that have been hydrated, you thereby obtain that hydration for yourself for hours. When chia is placed in water or juice, it greatly swells and provides effective super hydration for your body. This is especially important for active persons, and can make a huge difference in your levels of hydration.

- **Supports Healthy Elimination and Detoxification.** Healthy oils and Soluble Fiber work together supporting greater regularity and comfort.

- **Gluten Free.** Unlike Typical Grain Source Proteins, Chia Protein Contains No Gluten. Chia is an ideal food for individuals having gluten sensitivity, carbohydrate intolerance, hypoglycemia, Celiac disease, Crohn's disease, or for anyone wishing to avoid common gluten containing grains like corn, wheat, and barley.

**Nature's Own® Salvia Pure™** is an effective whole food source to help enhance ones health and vitality. Simply add **Salvia Pure™** to anything you like to eat and begin adding nutritional value to your diet today.

Available at local health food stores.



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