

# CHIAFresh™ DAILY FIBER

Ultimate Fiber for Gentle and Effective Support of Gastrointestinal Health\*



## HISTORY

Chia (*Salvia hispanica*) is an edible seed with vast history and importance among the pre-columbian societies of the early Americas. Prior to the arrival of Columbus, Chia seeds were a vital crop of the Mayan and Aztec diets due to its uncharacteristically high amounts of protein and nutrient content. Chia was cultivated from at least 3000 BC and well into the 16th century. Chia was commonly used as a food staple and was recorded to be a key ration for Aztec warriors in times of war. It was known for its ability to sustain energy requirements to warriors in times of duress and demand. Historians suggest that Chia seeds were one of the four major grains of commerce in pre-columbian history and more recent findings suggest that it was also used medicinally for the relief of minor joint pain and skin conditions.\*

Chia seeds are known for their pleasant flavor and are still used today in Mexico and areas of the American Southwest in a refreshing drink called "Chia Fresca" (or Chia Fresh). The crushed seeds are traditionally mixed in water and flavored with lime or lemon juice. Today, ground Chia seeds are easily added to foods such as yogurt or smoothies, or mixed with flour to make muffins in order to benefit from their nutritious qualities.\*

Chia seeds are rich in several key nutrients such as protein, boron, iron, zinc, and vitamins B, to name a few. In fact, Chia has 6x more calcium and almost 5x more potassium than does milk.\*

Chia seeds are also a rich source of soluble and insoluble fibers important in many aspects of overall health. Mixed fiber is essential for healthy digestion, detoxification, and can promote healthy post-digestive blood sugar levels as well as total cholesterol.\*

Fiber acts on cholesterol by sequestering it during digestion and

# DAILY FIBER

## Supplement Facts

Daily Serving Size: 2 Tbsp (14 g)  
Servings per Container: 19

	Amount Per Serving	%Daily Value*
<b>Calories</b>	60	
Calories from Fat	13	
<b>Total Fat</b>	1.4 g	2 %
Saturated Fat	200 mg	†
Monounsaturated Fat	100 mg	†
Polyunsaturated Fat	1.1 g	†
Trans Fat	0 g	†
<b>Total Carbohydrate</b>	7 g	2 %
Dietary Fiber	7 g	27 %
Soluble Fiber	1 g	†
Insoluble Fiber	6 g	†
<b>Protein</b>	4 g	8 %
<b>Vitamins &amp; Minerals</b>		
Calcium	116 mg	12 %
Potassium	127 mg	4 %
Niacin (B3)	3 mg	15 %
Phosphorus	154 mg	15 %
Magnesium	71 mg	18 %
<b>Omega-3 Fatty Acids</b> (alpha-linolenic acid)	800 mg	†
<b>Omega-6 Fatty Acids</b> (linoleic acid)	250 mg	†

\*Percent Daily Values calculated are based on a 2,000 calorie per day diet.  
†Daily Value not established.

Ingredients: ChiaMax™ ground Chia seed (*Salvia hispanica*)ORAC Value = 1554 μmol per 14 gram daily serving.

eliminating it from the body before it gets into the blood stream. Healthy cholesterol levels are important for overall cardiovascular health.\*

Another benefit of dietary fiber is in its capacity to reduce appetite and caloric intake. As fiber tends to expand slightly in the stomach it can stimulate nerve ending that signal a reduction in appetite and sugar cravings. Fiber can play a significant role in healthy weight and appetite.\*

An FDA newsletter released in 1998 suggested that fiber, such as those found in Chia seeds, can play a positive role in colon health, promote healthy blood sugar levels, and support a healthy cholesterol profile.\*

## SAFETY EVALUATION

If you have a medical condition or take pharmaceutical drugs, please consult your doctor before use.

## COMPLEMENTARY HERBS AND USEFUL ADVICE:

For optimal support of cardiovascular function, consider Hawthorn Supreme Liquid Phyto-Caps.

For optimal support of skin and hair, consider Skin and Nail Support Liquid Phyto-Caps.

For further support regarding digestion, consider Sweetish Bitters Elixir.

## REFERENCES

1. Schery, R. W. 1972. Plants for Man. Englewood Cliffs, N.J.: Prentice-Hall.
2. Codex Mendoza. 1542. Ed. Francisico del Paso y Tronosco, 1925. Mexico City; Museo Nacional de Arqueologia, Historia y Etnografia.
3. Ibid
4. Sahagun, B. 1579. Historia general de las cosas de Nueva Espana (Codex Florentino). Ed. A. M. Garibay, 1989. Mexico City: Editorial Porrua.

5. Ayerza, R. 2005. Chia: Recovering a Forgotten Crop of the Aztecs. The University of Arizona Press. University of Arizona. Tuscon, Arizona.
6. Ibid.
7. Brand-Miller, J. et al. Carbohydrates: the good, the bad and the whole grain. Asia Pac J Clin Nutr. 2008; 17 Suppl 1:16-9.
8. Dietary Fiber: An essential part of a healthy diet\_ 2008. Mayo Foundation for Medical Education and Research. 10 Oct 2008. <<http://www.mayoclinic.com/health/fiber/NU0003>>
9. Freeland, KR. Acute effects of dietary fibre and glycaemic carbohydrate on appetite and food intake in healthy males. Appetite. 2008 Aug 7.
10. Ibid.
11. Bulking Up Fiber's Healthful Reputation\_Sept 1998. U.S. Food and Drug Administration. 10 Oct 2008. <[http://www.fda.gov/fdac/features/1997/597\\_fiber.html](http://www.fda.gov/fdac/features/1997/597_fiber.html)>

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.