

CHIAFresh™ OMEGA-3 EFA

Rich Source of Vegetarian Omega 3 fatty acids.*



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 well into the 16th century AD. Chia was commonly used as a food staple and a key ration for Aztec warriors in times of war. It was known for its ability to sustain energy requirements 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.*

Known for its pleasant flavor Chia seeds 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 were traditionally mixed in water and flavored with lime or lemon juice. Today, ground Chia 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.*

STRUCTURE/FUNCTION

Dietary fatty acids such as those found in Chia have multiple roles in the body. They enhance cellular communication, aid in skin repair, sustain hormone production, support the elasticity in our veins and arteries, and are involved in several key non-inflammatory processes to reduce muscle soreness. They also play a significant role in the brain. In fact, much of our brain is composed of omega-3 fatty acids.*

The ALA found in Chia is converted by the body into EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) which are also found in fish bodies. This conversion further

Supplement Facts

Daily Serving Size: 3 Vegetarian Softgels (500 mg each)
Servings per Container: 30

Amount Per Serving	%Daily Value*	
Calories	14	
Calories from Fat	14	
Total Fat	1.5 g	2 %
Saturated Fat	200 mg	†
Trans Fat	0 mg	†
Monounsaturated Fat	100 mg	†
Omega-9 Fatty Acids (Oleic acid)	100 mg	†
Polyunsaturated Fat	1.1 g	†
Omega-3 Fatty Acids (Alpha-linolenic acid)	845 mg	†
Omega-6 Fatty Acids (Linoleic acid)	255 mg	†
Cholesterol	0 mg	0 %

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

Ingredients: Tresalbio® Omega-3 Chia (*Salvia hispanica* L.) seed extract; O2B® Peroxidation Blocker (<0.2% including natural astaxanthin extract and natural non-GMO soytocopherols) Softgel Ingredients: Glycerin, modified cornstarch, carrageenan, sorbitol, purified water.

allows the body to produce highly important hormone-like compounds called eicosanoids. Eicosanoids play a balancing role to the body's non-inflammatory functions. They also help the body regulate bone production and utility. Recent research has also suggested that they play an important role in promotion of normal immune functions.*

Some studies have suggested that the standard American diet is profoundly deficient in omega-3 fatty acids and ALA in particular. The uneven ratio of fats in today's diet is likely a large contributor to poor metabolic and cardiovascular functions seen nationwide. Deficiencies of ALA can also lead to generalized fatigue, dry or flaky skin, brittle nails or hair, poor digestion and constipation, depression and forgetfulness, and may even exacerbate inflammatory conditions such those in the joint and heart.*

SAFETY EVALUATION

If you have a medical condition or use pharmaceutical drugs, please consult with 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 depression, consider Phyto-Proz Liquid Phyto-Caps.

For further support regarding memory, consider Mental Alertness Liquid Phyto-Caps.

REFERENCES

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*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.