

WHAT MAKES CHIA *Fresh*[™] STAND OUT FROM ALL THE REST?

1. Supercritical Extraction

- Gaia Herbs CHIA*Fresh*[™] is the ONLY nationally branded line of Chia products that uses a Supercritical CO₂ extraction process
- This provides for a clean, safe, chemical-free extraction of the oil from the fiber

2. Freshness Protection

- All CHIA*Fresh*[™] products incorporate the proprietary O₂B[®] Peroxidation Blocker system, which uses all-natural, antioxidant-rich materials like astaxanthin throughout manufacturing to protect the products from oxidation, rancidity, and deterioration.
- CHIA*Fresh*[™] products have an outstanding shelf-life of 2 years, WITHOUT refrigeration!

The RESULT...
optimal nutrient density and improved shelf life and stability!

O₂B is a trademark of Valensa International

A NOTE ABOUT OUR PACKAGING



CHIA*Fresh*[™] Daily Fiber is packaged in a new and unique 100% natural canister – the EarthBottle[™]. This canister is made from renewable natural resources, including polylactic acid (PLA), natural fibers, minerals and botanical antioxidants. *And the great news is that NO petroleum products are used in the making of this canister.*

Not only is Gaia Herbs the first company to use the EarthBottle[™], we have also been part of its technical development. To learn more about about the EarthBottle[™], go to:

www.gaiaherbs.com/earthbottle

FOOTNOTES:

- 1 Codex Mendoza. 1542. Ed. Francisco del Paso y Troncoso, 1925. Mexico City; Museo Nacional de Arqueología, Historia y Etnografía
- 2 IBID
- 3 Ayerza, R. 2005. Chia: Recovering a Forgotten Crop of the Aztecs. The University of Arizona Press. University of Arizona. Tucson, Arizona
- 4 Crawford, M. et al. Role of plant-derived omega-3 fatty acids in human nutrition. Ann Nutr Metab. 2000; 44(5-6):263-5

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CHIA *Fresh*[™]

**The Ultimate Vegetarian Source
of Daily Fiber & Omega-3 EFA**



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WHAT IS CHIA?

Chia (*Salvia hispanica*) is an edible seed with an important history. Chia seeds were a vital crop of the Mayan and Aztec diets due to uncharacteristically high amounts of protein and nutrient content. Commonly used as a food staple, Chia was also used as a key ration for Aztec warriors during times of war.¹ 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-Columbus history and more recent findings suggest that it was also used medicinally for the relief of minor joint pain and skin conditions.²

Chia seeds are rich in several key nutrients such as protein, fiber, calcium, magnesium and niacin, to name a few.³ Even more impressive is its content of alpha-linolenic acid (also called ALA) an essential omega-3 fatty acid. Essential fatty acids are given the term “essential” due to the fact that the human body cannot manufacture them and therefore must be obtained from our diet.⁴ Chia seeds contain more ALA than any other seed and almost twice the amounts found in fish.³

CHIA^{fresh} DAILY FIBER FROM GROUND CHIA SEED

CHIA^{fresh}™ Daily Fiber is an ideal vegetarian fiber source. Its optimal insoluble-to-soluble fiber ratio offers fiber benefits without the common “side effects” of gas & bloating. It is a high-fiber source – with **7 grams of fiber per daily serving**, offering gentle support for regularity*. And when taken before meals, CHIA^{fresh}™ Daily Fiber helps with weight management by making you “feel fuller faster”, thus decreasing your appetite*.

Other benefits of CHIA^{fresh}™ Daily Fiber

- **Supercritical CO₂ Extraction process removes some of the fat and “superconcentrates” the remaining nutrients, resulting in a low-fat, nutrient-rich dietary supplement that is more resistant to oxidation and rancidity than other grains**
- **Balanced source of plant-based Omega-3 and Omega-6 EFAs**
- **Protein, vitamins and minerals provide additional nutritional value**
- **Powerful antioxidant support – with a higher ORAC value than most other foods**
- **Pre-ground for fast & easy mixing**
- **100% vegetarian, non-GMO, and gluten-free**
- **Does NOT require refrigeration**



CHIA^{fresh} OMEGA-3 EFA FROM CHIA SEED OIL

Essential 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, are involved in several non-inflammatory processes to reduce soreness, and play a significant role in supporting brain health*.

Other benefits of CHIA^{fresh}™ Omega-3 EFA

- **Supercritical CO₂ Extraction of chia seed oil offers clean, safe, chemical-free EFAs**
- **The proprietary O₂B® Peroxidation Blocker system protects the sensitive oils from degradation**
- **Ideal 3.3-to-1 balance of Omega-3 to Omega-6 ensures balance of “good fats”**
- **100% Vegetarian oil and softgel**
- **Non-GMO and gluten-free**
- **Does NOT require refrigeration**

