

Chia Seed Powder

Cat. No. EXTC-162

Lot. No. (See product label)

Introduction

Applications

Chia seed was once valued so much that it was used as currency by the Native Americans of the Southwest and Mexico. It was considered a high energy endurance food and was used as far back as the Aztec warriors during their conquests. Chia seed is highly mucilaginous and has been used by diabetics to slow the conversion of carbohydrates into sugar. It also regulates moisture distribution to the cells of the body more efficiently. Chia seeds are an excellent source of protein, dietary fiber and Omega 3 fatty acid and contain no gluten. Chia seeds can be eaten raw or sprouted. Chia sprouts are a delicious addition to salads and sandwiches. Chia seeds can be ground into a meal to make porridge or cakes, or as an addition to breads, cakes and biscuits.

Product Information

Appearance

Brown yellow powder

Function

1Chia seed can adjust menses 2 Lessen arthritis-related discomforts; 3 Another of the super foods:It was considered a high energy endurance food and was used as far back as the Aztec warriors during their conquests. 4 Chia seed is highly mucilaginous and has been used by diabetics to slow the conversion of carbohydrates into sugar. 5 Chia seed also regulates moisture distribution to the cells of the body more efficiently. 6 Chia seed is an excellent source of protein, dietary fiber and Omega 3 fatty acid and contain no gluten