



MOXIFIT™

What are Chia Seeds?

Chia seeds are among the healthiest foods on the planet. They are loaded with nutrients that have important benefits for your body and your brain. Chia seeds deliver a massive amount of nutrients with very few calories. They are tiny black seeds from the plant *Salvia Hispanica*, which is related to mint. This plant grows natively in South America and was an important food for the Aztecs and the Mayans. They prized them for their ability to provide sustainable energy. In fact, “chia” is the ancient Mayan word for “strength”.

Despite their ancient history as a dietary staple, only recently have they become recognized as a modern day super-food. In the past few years, they have exploded in popularity and are now consumed by health conscious people all over the world.

A one ounce (28 grams) serving of chia seeds contains:

- 11 grams of Fiber
- 4 grams of Protein
- 9 grams of Fat (5 of which are Omega-3s)
- 18% of the RDA of Calcium
- 30% of the RDA of Manganese
- 30% of the RDA of Magnesium
- 27% of the RDA of Phosphorus
- Zinc, Vitamin B3 (Niacin), Potassium, Vitamin B1 (Thiamine), and Vitamin B2



Chia seeds can be added to certain Moxifit products to help individuals stay regular and full. Always speak with your coach first on how to incorporate them into your plan if you are having any issues.