



## Mila

★★★★★ Rated: 5.0

RETAIL

**\$46.95**

PREFERRED ?

**\$34.95**

Mila® is a super food that is gluten-free, trans-fat free, sugar-free, and is a superior plant-based source of protein and fiber. Mila uses different varieties of the chia seed to provide a wide array of nutrients. By combining these crops, you get a nutritionally robust product.

Stocks: In stock

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Category: Best Sellers , Nutrition

DESCRIPTION [RECOMMENDED USES](#) [SUPPLEMENT FACTS](#) [REVIEWS \(4\)](#)

16 oz.

Chia seeds are prized for their ability to provide sustainable energy and have been a food staple in both the Mayan and Aztec cultures, along with native tribes of North America. In fact, chia is the ancient Mayan word for strength.

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Contains the omega-3 fat ALA, or "alpha-linolenic acid." ALA has been shown to support heart health; in fact, studies have illustrated improved cardiovascular health among those with a high intake of ALA- containing foods, like Mila.

Mila also helps meet the fiber needs of your family. The fiber found in Mila is predominantly insoluble fiber, a form of fiber that aids in the relief of occasional constipation.

- Is a whole, raw super food and a natural source of omega-3s, antioxidants, and phytonutrients.
- Is a blend of different crops of chia seed to help maximize nutrient density.
- Contains 3 grams of protein.
- Contains other important nutrients such as calcium.
- Is a good source of magnesium and phosphorous — both important nutrients for bone health.\*
- Contains 3 grams of ALA (alpha-linolenic acid) omega-3 fatty acid. Omega-3 fatty acids play a crucial role in normal growth and development and brain function.\*
- May be a great vegetarian substitute for fish oil.
- According to the USDA, chia seeds contain a significantly higher percentage of fiber than corn, rice, oats, wheat, or barley. Fiber helps promote satiety and relief from occasional constipation.\*
- Mila can supplement your diet with plant-based fiber and protein.
- Can be consumed on its own or incorporated into your favorite dishes, yogurt, and smoothies. Mila® can replace eggs or up to ¼ cup of oil in recipes.

\*These statements have not been evaluated by the Food and Drug Administration.  
Products are not intended to diagnose, treat, cure, or prevent any disease.



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