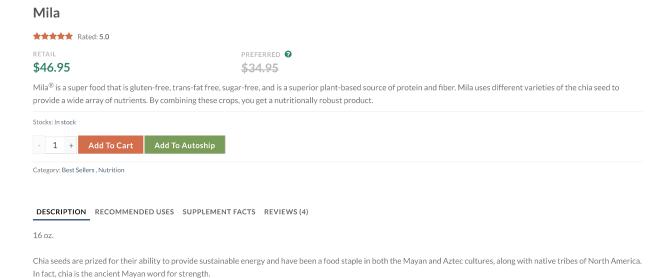




provide a wide array of nutrients. By combining these crops, you get a nutritionally robust product.



1 of 2 5/13/2021, 12:47 PM

 $Mila @ is a super food that is gluten-free, trans-fat free, sugar-free, and is a superior plant-based source of protein and fiber. \\ Mila uses different varieties of the chia seed to the chia$

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.





QUICK LINKS COMPANY RESOURCES Enrollment About Us Contact My Account Knowledge Base / FAQs Blog Opportunity Privacy Policy Careers Shop Community Terms & Conditions May 2021 Coupon



Have A Question? Find Answers from our Knowledge Base

(866) 535-5888







© 2021 PURE Gen Holdings - All Rights Reserved.

2 of 2 5/13/2021, 12:47 PM