

## Information about Mila – the Miracle Seed

Mila is a **raw whole food**. It is recognized as a food by the USFDA and is a proprietary blend of *Salvia hispanica* L offering the **safest, highest, and best natural source of Omega-3s** (plant based ALA). Mila is also rich with antioxidants, fiber, phytonutrients, protein, plus calcium, magnesium, selenium, iron, folate, potassium, etc. It has been studied for over 20 years and continues to be studied today. Its safety, value and benefits are documented and becoming more so with each new study. There are no known allergens, limitations or warnings for the consumption of this food; **it is pesticide-free, gluten-free and non-GMO**.

**Mila is safe** and contains nutrition needed by every man, woman and child. It is a known fact that modern diets are dominant in Omega-6s and deficient in Omega-3s and other essential nutrients needed for health. Incorporating these nutrients into the diet can have a great impact on many aspects of health. **Mila is the best “functional” food currently available. A nutrition in a functional food is known to have a positive effect on preventing and/or reversing disease – the nutrition in this food is invaluable.**

## Benefits to the Consumer

It is estimated that less than 5% of the world's population receives the RDI of Omega-3 fatty acids needed for health. The typical Western diet is high in Omega-6 fatty acids – which, in excess, are pro-inflammatory, pro-aggregatory and immuno-active – all of which leads to disease. It is a known fact that more Omega-3s are needed in the diet to offset the inflammation caused by the surplus of Omega-6s.

### In Pregnancy, Omega-3s in general are:

- Critical to the baby's brain development
- Needed for the development and metabolic functions of all neural tissue, including the complete nervous system and retina. In fact, it has been found that a mother's diet lacking in Omega-3s and other essential fatty acids may result in sensory, cognitive and behavioral problems in the child
- A deficiency of Omega 3s in the mother can cause significant learning difficulties in the child
- Low levels of Omega 3s during pregnancy and with breast feeding are associated with allergic disease formation at approximately 18 months of age
- Prevent preeclampsia; lower the risk of premature birth during pregnancy
- Promote fetal growth
- Protect against postpartum depression

### In general, an adequate amount of Omega-3s:

- Slows the aging process of the brain and body; is anti-aging
- Aids in childhood learning & cognition
- Preserves brain function in the elderly
- Maintains cardiovascular health
- Has a role in preventing hypertriglyceridemia and lowering all components of the lipid profile that should be lowered; provides plaque prevention
- Lowers C-Reactive Protein
- Treats and prevents depression, bi-polar disorder, schizophrenia, ADD/ADHD
- Helpful for the treatment of migraine headaches
- Has a protective effect against several cancers including breast, colon and prostate
- Provides relief from painful menstrual periods
- Can increase fertility for those trying to get pregnant
- Protects against postmenopausal osteoporosis
- Decreases the incidence and frequency of other menopausal problems
- Controls vascular permeability and blood pressure
- Regulates the immune system & helps fight all auto-immune diseases
- Controls platelet aggregation

- Regulates cell division and differentiation; is needed for proper cell membrane transport
- Regulates body temperature
- Helps maintain skin, hair and nail health
- Helps to maintain blood sugar; improves insulin sensitivity
- Reduces the frequency of epileptic seizures
- Improves vision and protects against dry eye syndrome
- Reduces chronic pain, relieves arthritis pain and reduces inflammation
- Reduces chronic inflammation – now linked to the root of every major disease
- Prevents / slows Alzheimer's; aids in the regeneration of nerve cells
- Prevents / treats colitis and other bowel diseases such as IBS, UC and Crohn's
- Reduces symptoms of asthma and allergies
- Improves symptoms of psoriasis, eczema, and other forms of dermatitis
- Improves organ transplant survival
- Improves kidney function
- Helps to fight negative aspects associated with vaccinations
- Lowers incidence of stroke
- May reduce sudden death and prevent arrhythmia
- Reduces back pain and inflammation in disc herniation
- Improves symptoms / cognition in autistic children

## Other important points:

**Eating fish is not necessarily the best answer for obtaining Omega-3s...** according to the *Annals of Internal Medicine*:

"Children born to women exposed to high levels of methyl mercury during or before pregnancy may face numerous health problems, including brain damage, mental retardation, blindness and seizures. Lower levels of methyl mercury exposure in the womb have caused subtle but irreversible deficits in learning ability."

**We believe Mila to be a superior source of Omega-3s over fish, fish oil, flax seed or flax seed oil. The risk of pollutants found in fish / fish oil is significant. This risk is eliminated with Mila.** Flax seed is not recommended in pregnancy or in nursing women. Flax has tried for 40 years to receive GRAS (generally regarded as safe) status from the FDA and was only awarded this status in 2009. Due to genetic modification, human flax consumption is limited or prohibited in 26 European countries. Flax is thought to interrupt thyroid function and decrease Vitamin B absorption. Flax seed oils and fish oils are heavily processed and easily oxidized due to their lack of antioxidants.

Current prenatal vitamins contain a processed, synthetic form of Omega-3 fatty acid. Dietary sources are lacking in the average person as is evidenced by the poor health and lack of adequate nutrition that most people experience. Many chronic diseases are rooted in chronic nutrient depletion and a recent study released July '09 from the Harvard School of Public Health cited 96,000 preventable deaths in the US alone due to Omega-3 deficiencies. We can change this!

## Mila compared to other Chia products:

Since the days of the Aztecs, many different varieties of chia have been found and documented; some experts have claimed that there may have been over 100 different varieties. Early on, we discovered that the main difference in varieties, outside of color, was the nutritional value. After extensive laboratory testing, Lifemax has discovered that no *one* variety of chia has a sufficient amount of these five major nutrients: omega 3s, fiber, protein, phytonutrients and antioxidants. This is what led Lifemax to create Mila, a super blend of the very best varieties that we are aware of to-date. Still, we feel that we have just scratched the surface of what this Miracle Seed has in store for the world and through our exhaustive research and development, we will continue to improve upon Mila and ensure that it is always the very best this Miracle Seed has to offer.

All of this is to say that all chia is not created equal. The difference lies in where it is grown, the altitude, the rainfall, the climate, the soil, etc. Mila is a proprietary blend of seeds, each grown in the most nutritious growing areas of the world. By offering this blend of seeds, grown in multiple countries, you are ensured that Mila provides the highest amount of each vital nutrient. **Of importance, our seeds are tested by independent laboratories to ensure nutritional content, quality and cleanliness. Lifemax also utilizes a proprietary cold-fracturing process that opens the seeds for maximum bioavailability with no damage to the oil or other nutrients.** Grinding heats the seed; it causes some oil to be lost and can damage the remaining oil and nutrients in the seed. **If you want to put the absolute best-available quality into your body, Mila by Lifemax is the only choice.**

## In Summary:

Omega-3s are vital for health. Your body cannot make them and they must be contained in your diet. **Mila by Lifemax provides the highest quality, best blend of seeds on the market and is the only raw whole food source offering this combination of vital nutrients. We offer the best / safest-known source for Omega-3s.** Mila also contains many other vital nutrients needed for health and disease prevention including antioxidants, fiber, phytonutrients, protein, calcium, magnesium, selenium, etc. **The synergy of these nutrients working together in this food makes Mila the most nutrient dense food on the planet.** This raw whole food is completely unaltered by man and contains nutrients needed by every person alive today.

## Recommended serving size:

**One scoop of Mila provides 3000 mg of Omega-3s and has an antioxidant ORAC value over 1000.** For lowering of cholesterol, two scoops were found as effective as the leading statin drug.

More can be eaten if desired. Each package contains 35 servings. Add Mila to any food or drink ... smoothie, water, juice, soup, cereal, oatmeal, bread, dip, etc. Because Mila is a high fiber food, an adequate daily consumption of water is always needed.