



CONVENTIONAL CHIA SEED

Chia, also known as Hispanic sage, is a cereal crop of Mexican and Central American origin dating from pre-Hispanic times. Given its importance to the ancient Mexicans, chía was the third most important food only surpassed in popularity and consumption by the corn and beans.

Thanks to its high content of soluble-fiber, consuming chía seeds facilitates intestinal transit acting as a natural laxative, which confers certain properties as protector of diseases such as diverticulosis, constipation and ultimately, cancer of the colon.

Chia seed holds this nutritional composition: 20% vegetable protein, 25% soluble fiber and 40% oil, among other nutrients. In the case of oil, 64% of it is made up of essential fatty acids omega 3 and omega 6, both commissioned to

help improve our metabolism, at the same time kept at bay our cholesterol and triglycerides, which results in a cardio protective effect. Also, chía seed is rich in B vitamins, phosphorus, calcium, potassium, copper, manganese and zinc, and contains very little sodium.

Process

- Mechanical harvesting
 - Pre-cleaning
 - Densimetric tables
- Cold chamber storage

Benefits

- Chia seed is an important natural source of Omega 3, which most important effect is to increase good cholesterol levels and lower the bad.
- It prevents the formation of clots and plaques in the arteries, thus preventing cardiovascular disease.
 - Has no gluten, which makes it an excellent alternative for celiac.
- It is highly recommended for vegetarians by its completeness protein content, thereby providing all essential amino acids.

Uses

Chia and its thereby products offer a wide range of uses:

- Food: Soaked into water to obtain gel, into milk or yogurt, as a topping for fruit salads, mixed into muffins, cakes or biscuits, baked into bread, on energy bars, into gourmet dishes and more.



- Nutraceutical (Dietary supplements): supplements powders. and facial creams.

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- Energy bars, power gels and dietary
- Cosmetic: Into moisturizing body

Product Lifetime

24 months in good storage conditions.

Storage Conditions

At 19° (Max. Temp.) with -50% humidity.

Primary Packaging

Polypropylene bag of 25 KG / 25 LB net weight.

Certification

CERES Organic Certificacion.



Physical Characteristics	
Name of Variety	Organic Chia Seed
Color	White, Black
Appearance	Small oval grain
Grain Color	Mottle-colored with brown, gray, black, and white
Taste	Characteristic of the product



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Nutritional Composition		
Parameter	Unid	Value
Proteins	g/100g	21.1
Lipids	g/100g	30-34
Fiber	g/100g	33-37
Calcium	mg/100g	714
Iron	mg/kgm	16
Sodium	g/100g	0.2
Potasium	mg/100g	667
Carbohidrates	g/100g	0.9
Energy (Kcal)	KJ/100g	372
Magnesium	mg/100g	g325
Zinc	mg/100g	g4.5
Phosphorous	mg/100g	g751
Total Fat	g/100g	31.5
Saturated	g/100g	3
Trans Fat	g/100g	0
Antioxidants		
Omega 3	g/100g	19-21
Omega 6	g/100g	6-8.



Maximum Allowable Parameters

SPECIFICATION	Conventional Chia Seed
Contrasting Variety	< 0.01%
Size	1,5 mm (> 85%)
Atypical Grains	< 0.5%
Foreign Material	< 0.01%

Total Microorganisms Count	Result UFC/gr	Parameters UFC or NMP/gr	
Aerobic Mesophilic	0	1.000.000	1,0,E+06
Total Coliforms	0	1.000	1,0,E+03
Coliforms Stool	0	1000	1,0,E+03
E. Coli	0	1.000	1,0,E+03
Staphylococcus Aureus	0	10000	1,0,E+04
Salmonella in 25 gr.	Absence	Absence	Absence
Molds and Yeasts	0	1.000	1,0,E+03