

**Average Analysis Value 100g/3.52 oz**

\*Except where noted

Fat . . . . .30.86 g	Sodium . . . . .128 mcg
Omega 3 (ALA) .18.56 g	Potassium . . . . .653mg
Omega 6 (Linoleic)5.93 g	Arginine . . . . .2221 mg
Omega 9 (oleic) .2.12 g	Histidine . . . . .550 mg
Fiber . . . . .34.43 g	Isoleucine . . . . .830 mg
Protein . . . . .22.23 g	Leucine . . . . .1421 mg
Vitamin A . . . . .53.86 IU	Lysine . . . . .1005 mg
Vitamin C . . . . .1.61 mg	Methionine . . . . .609 mg
Vitamin E . . . . .0.74 IU	Phenylalanine .1053 mg
Thiamin (B1) . .0.62 mg	Threonine . . . . .735 mg
Riboflavin (B2) .0.17 mg	Tryptophane . . .452 mg
Niacin . . . . .8.83 mg	Valine . . . . .985 mg
Folate (folic acid) .48.53 mcg	Alanine . . . . .1082 mg
Calcium . . . . .569.80 mg	Aspartic acid .1751 mg
Iron . . . . .7.72 mg	Cysteine . . . . .422 mg
Phosphorus .770.30 mg	Glutamic acid .3628 mg
Magnesium .334.50 mg	Glutamine . . . .3650 mg
Zinc . . . . .5.68 mg	Glycine . . . . .977 mg
Selenium . . .55.15 mcg	Proline . . . . .804 mg
Copper . . . . .1.66 mg	Serine . . . . .1087 mg
Manganese . . .3.28 mg	Tyrosine . . . . .584 mg
Chromium . . .9.07 mcg	

<http://azchia.com/tables/CHIAcomposition.htm>



*Keep Riding with the Wind*  
**Benexia Brand Certified Chia Seed** (cleanest, best quality rating in guaranteed analysis and certification)

*For All Breeds & Ages of Horses*  
**Better than flax seed!**



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**FDA Approved!**



## Allergies

- ◆ Anti-allergic properties

## Musculoskeletal System

- ◆ Helps maintain supple joints & connective tissues.
- ◆ Helps repair & maintain cellular walls
- ◆ Promotes stronger hooves
- ◆ Supports bone growth & strength
- ◆ Assists in the development of nervous system, brain, muscles and skeleton



Gold N Lexxus (owned by Mary Sopoci)

## Digestive System

- ◆ Promotes healthy intestinal tract
- ◆ Clears sand more effectively than psyllium products
- ◆ Helps prevent sand colic & avoid impaction
- ◆ Easy digestibility

# Chia the "Gold Standard" of Omega 3's!

- ◆ 3:1 Omega 3
- ◆ Powerful **anti-inflammatory**
- ◆ Low NSC
- ◆ Low in sugar & starch
- ◆ Slowly processed carbs
- ◆ Cool energy source
- ◆ Low in sodium
- ◆ Rich in **fiber**
- ◆ Helps maintain electrolyte balance
- ◆ Highly palatable
- ◆ Rich in **antioxidants** & minerals
- ◆ Long term storage without lost nutritional properties
- ◆ High quality **protein**
- ◆ More effective than vitamin C and E in their antioxidant properties
- ◆ **Non-GMO**, Gluten Free
- ◆ Pesticide/chemical free
- ◆ No mechanical or chemical processing
- ◆ Helps boost the **immune system**
- ◆ Helps soothe & calm hot nervous **temperaments**
- ◆ Promotes healthier **skin & coat**



Nightwind's Zorro with Karen Siebenaler  
(owned by Bridget Edgar)

## Reproductive System

- ◆ Helps balance hormones, ease estrus cycles and inflammation

## Ulcers, Laminitis, Arthritis, Cushings Syndrome & IR Horses

- ◆ Helps regulate blood sugar spikes
- ◆ Aids in healing and helps soothe ulcers.
- ◆ Effective for Insulin-Resistance (IR) horses
- ◆ Pre-Cushings & Cushings Syndrome
- ◆ May help ease arthritic conditions

### Recommended Feeding Rates:

- ◆ Top dress 2-4 ounces daily.