



# 8 Reasons to Eat Salba® Every Day

## 1) Nature's richest whole food source of Omega-3s

Omega-3s are vital to overall health: deficiency is linked to a wide range of health problems, from increased triglycerides and "bad" cholesterol (LDL) levels to hypertension and irregular heart beat. Gram for gram Salba has 800% more Omega-3s than salmon!

## 2) Minerals for hearth health

Magnesium and potassium are critical for heart health. Gram for gram, one serving of Salba contains 15 times more magnesium than broccoli, and twice the potassium found in bananas. Plus it's rich in calcium, iron and zinc, and has five times more heart-healthy folate than spinach.

## 3) Controls blood sugar levels

Researchers at the University of Toronto have found that Salba is a great weapon in the fight against diabetes and elevated blood sugar levels. Thanks to its fiber content, on average, each gram of Salba reduces blood sugar levels by two percent – twice the effect of flaxseed!

## 4) Fiber for colon and breast health

When it comes to colon health, the number one tool in your lunchbox should be fiber. Fiber absorbs impurities and water, gets rid of poisons, and cleanses the bowel. Plant fiber also promotes elimination of excess estrogen through the gastrointestinal tract, which reduces the risk of breast cancer. Salba is a rich source of insoluble fiber, with 4.1g of dietary fiber in a 12g serving.

## 5) Ideal for celiacs/gluten intolerance

Sufferers of celiac disease, triggered by gluten found in wheat, rye and barley, can once again enjoy their favorite foods. Tortilla chips, potato crisps and salsas made with Salba are gluten-free. Recipes, such as delicious Gluten-free Pumpkin/Banana Bread can be found at [www.salbasmart.com](http://www.salbasmart.com).

## 6) A superfood for allergy sufferers

Allergies to common foods like milk, eggs, peanuts and soy are estimated to affect more than 11 million Americans, and yet more suffer from food intolerances that can cause cramps, gas and bloating. In addition to being gluten-free, nutrient-packed Salba is an ideal choice for allergy sufferers: Salba seeds can be sprinkled into smoothies, oatmeal, soups, sauces and more to amp up the nutrient value of foods.

## 7) Calcium for strong bones

Critical for building strong bones and teeth, calcium is one of the heroes in the fight against osteoporosis. Salba contains 92.4mg of calcium and 45.6 mg of magnesium per 12g serving.

## 8) Powerful antioxidants for immunity

Antioxidants are the anti-agers of the nutrient world, working to protect your body from free radical damage. According to the USDA and the National Cancer Institute, adults should eat a total of 5-9 antioxidant rich fruits and vegetables every day but 85 percent of Americans don't meet this requirement. Salba is packed with health and immune boosting antioxidants – higher than oranges, pomegranates and blueberries.



## Power up with Salba!

Salba is a supergrain from the seeds of *Salvia hispanica L* (registered varieties Sahi Alba 911 & 912). Used by the Aztecs for endurance, today this powerful whole food is used to

fortify everything from pretzels and salsa, to bread and baby food. To learn more about increasing the nutritional value of food with Salba, visit <http://www.salbasmart.com/movie.html>.

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For more information visit [www.salbasmart.com](http://www.salbasmart.com)