

MILA[®]

THE MIRACLE SEED

The ancient superfood of the Aztecs rediscovered.

3,000 mg
OMEGA -3_S

5 grams OF FIBER
PER SERVING

TOTAL ORAC 1157 μmol TE PER SERVING

NUTRITIONAL CONTENT

OMEGA-3 FATTY ACIDS

Mila contains one of the highest, if not the highest, amounts of omega-3 fatty acids known in the plant world. In the 1970's and 1980's, the "fat-free" diet craze took all fats out of our diet, including the good ones. Now we know the impact that healthy fats have on our general well-being. The alpha linolenic fatty acid (ALA) found in Mila is known as the only essential omega 3-fatty acid. This means that a person must consume this fatty acid because the body cannot manufacture it. The fatty acids in Mila are a near perfect balance, plus there is no cholesterol.

| | Amount per serv. | % Daily Value |
|------------------------------|------------------|---------------|
| Essential Fatty Acids | | |
| Omega-3 (alpha-linolenic) | 3 g | ** |
| Omega-6 (linoleic acid) | 1 g | ** |
| Omega-9 (oleic acid) | 0.3 g | ** |
| Total Fat | | |
| Saturated fat | 0 g | ** |
| Trans fat | 0 g | ** |
| Polyunsaturated fat | 3 g | ** |
| Monounsaturated fat | 0 g | ** |
| Cholesterol | 0 mg | 0% |

FIBER

A number of studies have found that a high intake of total fiber contributes to a healthy heart and circulatory system. High-fiber diets may also modulate blood sugar levels. Since fiber is filling and has very few calories, high-fiber foods may also help with weight loss.

| | Amount per serv. | % Daily Value |
|---------------------|------------------|---------------|
| Total Carbohydrates | 5 g | 1 % |
| Dietary Fiber | 5 g | 13 % |
| Insoluble fiber | 4 g | ** |
| Soluble fiber | 0.5 g | ** |
| Sugars | 0 g | ** |

ANTIOXIDANTS, PHYTONUTRIENTS AND PHYTOSTEROLS

These two components have recently been recognized as being important to human health, but are not necessary for life. Of interest is the fact that phytonutrients may act as antioxidants, but not all phytonutrients are antioxidants. Antioxidants in foods can be divided into two main groups or categories, with each having similar, as well as different, benefits in terms of human health. The two groups are Vitamins and Minerals and Phenolic Compounds.

| | Amount per serv. | % Daily Value | | Amount per serv. | % Daily Value |
|---------------------|------------------|---------------|---------------------|------------------|---------------|
| Phenolic compounds | 18 mg | ** | Sodium | 0 mg | 0% |
| Quercetin | | | Potassium | 90 mg | 3% |
| Kaempferol | | | Thiamin | 0.1 mg | 10% |
| Myricetin | | | Niacin (vitamin B3) | 1.3 mg | 5% |
| Ferulic | | | Folate (folic acid) | 6.6 mcg | 1% |
| Caffeic | | | Calcium | 78 mg | 8% |
| p-Coumaric | | | Iron | 1 mg | 6% |
| chlorogenic | | | Phosphorus | 110 mg | 11% |
| Protocatechuic acid | | | Magnesium | 42 mg | 11% |
| Gallic acid | | | Zinc | 0.8 mg | 3% |
| Total ORAC value | 1157 umoles TE | | Selenium | 2.3 mcg | 5% |
| Phytosterols | 24 mg | | Copper | 0.24 mg | 9% |
| | | | Manganese | 0.56 mg | 12% |
| | | | Chromium | 0.23 mcg | 6% |

PROTEIN

Protein is found throughout the body in hair, nails, outer layers of skin, muscle tissue, the inner structure of bones, and red blood cells. Protein is used to perform many functions in the body including building and repairing body tissues, hormone production and carrying nutrients throughout the body. Mila is a great source of protein and contains both essential and non-essential amino acids.

| | Amount per serv. | % Daily Value | | Amount per serv. | % Daily Value |
|------------------------------------|------------------|---------------|--------------------------------|------------------|---------------|
| Protein | 3 g | 6% | Amino acids (essential) | | |
| Amino acids (non-essential) | | | L-Arginine | 255 mg | ** |
| Alanine | 123 mg | ** | Histidine | 65 mg | ** |
| Aspartic Acid | 199 mg | ** | Iso-Leucine | 92 mg | ** |
| Cystine | 51 mg | ** | Leucine | 159 mg | ** |
| Glutamic Acid | 417 mg | ** | Lysine | 121 mg | ** |
| Glycine | 113 mg | ** | Methionine | 75 mg | ** |
| Proline | 94 mg | ** | Phenylalanine | 121 mg | ** |
| Serine | 128 mg | ** | Threonine | 88 mg | ** |
| Tyrosine | 81 mg | ** | Tryptophan | 23 mg | ** |
| | | | Valine | 113 mg | ** |

INFORMATION IS BASED ON A 13-GRAM SERVING
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