

**MILA** THE MIRACLE SEED  
The ancient superfood of the Asteecs rediscovered.

3,000MG 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
<b>Essential Fatty Acids</b>		
Omega-3 (alpha-linolenic)	3 g	**
Omega-6 (linoleic acid)	1 g	**
Omega-9 (oleic acid)	0.3 g	**
<b>Total Fat</b>		
Saturated fat	0 g	**
Trans fat	0 g	**
Polyunsaturated fat	4 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 AND PHYTONUTRIENTS

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 mg	1%
Caffeic			Calcium	76 mg	8%
p-Coumaric			Iron	1 mg	6%
chlorogenic			Phosphorus	89 mg	11%
Phytic Acid	274 mg	**	Magnesium	48 mg	11%
Total ORAC value	1157 umoles TE		Zinc	0.8 mg	3%
			Selenium	2.3 mcg	5%
			Copper	0.24 mg	9%
			Manganese	0.56 mg	12%
			Chromium	0.23 mg	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 by the body 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%	<b>Amino acids (essential)</b>		
<b>Amino acids (non-essential)</b>			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 13G SERVING