



DR JEWKES/MEDICAL ADVISOR SALBA/THE NEW SUPERFOOD

Salba also known as Chia seed is now being labeled as the new superfood.

Scientific Name: *Salvia hispanica*

People use this for: diabetes, hypertension, and for generally reducing the risk of cardiovascular disease.

Safety for Salba has been excellent.

Salba contains a high concentration of omega-3, alpha-linolenic acid. It also contains a significant concentration of dietary fiber, magnesium, iron, and antioxidants.

Preliminary research show that consuming Salba may also reduce hypertension, and inflammation.

Dr Bob Arnot, MD states that his powerful grain is the latest to be labeled superfood. According to Dr. Vladimir Vuksan, professor of nutrition and medicine at the University of Toronto, 100 grams of salba will yield 70 percent of you daily requirement of calcium and 50 percent of you iron requirement. It contains 10 times more magnesium than milk, 25 percent more fiber than flaxseed, twice the potassium of bananas, 30 percent more antioxidants than strawberries, and 50 percent more vegetable protein than soybeans.

Rain Nutrition has added Salba to our weight loss formula Vapor. We need this important seed to help our bodies with fiber and reduction of fat absorption. So when Salba is blended with the other important nutrients in Vapor we have boosted the potential for more efficient appetite control and efficacy.

As you can see Salba is a powerful grain with other health benefits. Rain has the program and the balance of all of our products to maximize your health and weight loss potential.

References: American Diabetes Association, Journal of Nutritional Medicine, National Medicines Comprehensive Database.

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