



Gin-Chia®

Two ancient herbs: golden chia from the West and ginseng from the East, combine to create a modern miracle - Forever Gin-Chia. Let this powerful combination of herbs give your body back what your busy lifestyle takes out!

Golden Chia, or North American Sage, was used by southwest Native American Indians in the US at the turn of the century for its life-sustaining properties. Chia possesses the highest percentage of the polyunsaturated fatty acids, a-linolenic and linoleic (i.e. 83.2%), of all crops. It is a great source of Omega-3 fatty acids, natural antioxidants and dietetic fiber. The protein content of Chia is higher than other nutritional grains. Compare Chia's 19-23% protein to wheat (14%), corn (14%), rice (8.5%), oats (15.3%), and barley (9.2%). And, unlike these other grains, it is a complete protein, meaning that it has the appropriate balance of all essential amino acids. It is a powerful antioxidant.

Ginseng is legendary as a tonic, earning its name as the "King of Tonics." It contains eleven saponins, making ginseng an adaptogen (a compound that adapts its effects depending on the needs of the body). Ginseng is also a potent antioxidant.

Together these powerful herbs contain vitamins A, B1, B2, C and D, plus thiamine, riboflavin, calcium, iron, sodium, potassium, capsicum, zinc, copper, magnesium and manganese. Combined, they can act to increase stamina, increase endurance, and support healthy circulation.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Calories 5	
Total Carbohydrate Less than 1g	< 1%*
Vitamin C 50 mg	80%*
Calcium 65 mg	6%*
Premium Ginseng Blend, powdered (root) 60 mg	
Oriental Ginseng (Panax ginseng) 40 mg	†
Siberian Ginseng (Eleutherococcus senticosus) 20 mg	†
Chia (Salvia columbariae), powdered (seed) 160 mg	†

* Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

OTHER INGREDIENTS

Sorbitol, Honey, Tricalcium Phosphate, Gum Arabic, Ascorbic Acid, Soy Protein Isolate, Microcrystalline Cellulose, Silica, Stearic Acid, Natural Lemon Flavor, Ascorbyl Palmitate, and Cayenne. **Contains Soy.**

CONTENTS

100 tablets

SUGGESTED USE

Take one tablet, three times daily as a dietary supplement.



- Powerful antioxidant
- Good source of protein
- Can help increase stamina and endurance
- Helps support healthy circulation

PRODUCT #047

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.