

FULL ARTICLE

Chia Nutrition

The name Chia is derived from the Aztec word, chian, meaning oily. It is an ancient grain being rediscovered in America with balanced nutritional components. These tiny seeds are highly palatable! Chia is easy to top-dress on feed with a very mild nutty flavor. Horses love it.

Chia has a proper 3:1 ratio of omega-3 oil to omega-6 oil; with 20-30% protein, 35% oil, 25% fiber. Unlike flaxseed, chia seed has its own antioxidants which enable storing for long periods without becoming rancid and don't require grinding (whole flaxseed is tough to digest). Chia provides fiber (about 2 tablespoons—20 g—gives 8.25 g of fiber) as well as important minerals, including a proper ratio of calcium to phosphorus, magnesium, manganese, copper, niacin, zinc and boron, a catalyst for the absorption of calcium.

Chia is an oil seed: two-thirds of Chia oil is Omega-3 essential fatty acid (polyunsaturated). In addition to Chia's high Omega-3 content, Chia has vitamins for balanced nutrition: vitamins B1, B2, B3.

According to the FDA, Chia seed is considered a "dietary supplement" and its nutritional content complies with the strict regulations required by the organization to qualify as a "healthy food". (Food and Drug Administration, USA)

Chia and Omega Oils

Chia is high in the magic Omega's. Chia seeds contain 32-39% oil. Even more important is the crucial balance of 3 times more Omega 3 than Omega 6 in Chia. Two-thirds of Chia oil is Omega-3 essential fatty acid (polyunsaturated) while only 10% are saturated fatty acid. Because Omega-3 sources are becoming increasingly scarce in the world, we need to turn our attention to Chia.

Fresh green grass, a horse's natural diet, is very low in fat at only 4% to 6%. But horses do require a dietary intake of omega-3 and omega-6 fats because

the body can't manufacture them.

Grasses contain anywhere from four to six times as much omega-3 alpha-linolenic acid as they do omega-6 alpha-linoleic acid. This means that a horse would normally take in a much higher level of omega-3s than omega-6s. Unfortunately, omega-3 fats are very fragile. When grass is cut, the omega-3 content is rapidly lost. The omega-6 fatty acids are a bit more resistant to breakdown. Hay, therefore, is lower in omega-3 compared to omega-6 than fresh grass.

The situation just gets worse if you feed vegetable oils, grains, seeds, or high-fat seed meals. These are also high in omega-6 fatty acids. In comparison, Chia oil is 62-64 percent, flaxseed oil is 58 percent, menhaden fish oil is 29 percent.

The only readily available feed ingredient, high in omega-3 fatty acids—without processing—is Chia seed.

Chia and Fiber — Sand Clearing

Chia is hydrophilic; the gelatinous property of the seeds (upon getting wet in the gut) clears sand more effectively than expensive psyllium products. It has the capacity to absorb large amounts of liquid, increasing the volume passing through the digestive tract, stimulating the intestinal transit. This important feature clears sand and debris out of the horse's gut naturally, assists with regulating stool movement, helps prevent sand colic and diverticulitis.

Because Chia is a natural seed, and easily digestible, it can be safely fed daily. This virtually eliminates the need for psyllium products. Chia is a safe and natural way to clear sand. Equine rehab/rescue groups prove horses simply eat Chia better. Psyllium can be un-palatable to many horses. Chia is easy on the digestive tract AND it offers other nutritional components.

Chia is high in soluble fiber, providing 27.6 grams of fiber for every 100 grams of seed.

Chia and Protein

Chia Seed contains all the essential amino acids. Chia has 19-23% protein content, which is more protein than traditional grains such as wheat (13.7%), rice (6.5%), corn (9.4%), barley (12.5%) and oats (16.9%). Research performed on Chia's digestibility and biological value has proven that Chia is an excellent protein source.

There are no limitations in Chia's amino acid content, therefore, it can be included in the horse diet to improve protein balance by itself or when mixed with other grains.

Chia Vitamins and Minerals

Chia Seed is an ancient wonder food—a whole food source of balanced ratios of vitamins, minerals and Omega oils.

Chia seeds are an excellent source of calcium, phosphorus, magnesium, potassium, iron, zinc, and copper. It has 6 times more calcium, 11 times more phosphorus, and 4.6 times more potassium than does milk, according to the USDA (2001), Brown (2003), and the Instituto Nacional de Alimentos (2003).

Chia is a rich source of Vitamin B, with a higher niacin content than corn, rice or even soy. Its thiamine and riboflavin content is similar corn and rice.

Chia and Antioxidants

Chia is highly enriched with antioxidants to protect its PUFAs (essential Omega oils) from becoming oxidized and going rancid, to the extent that chia seed can be stored at room temperature until use—which makes it easy to store at the barn. It does not go rancid quickly or lose its nutritional properties. Air pollutants, smoke, herbicides, pesticides and even some rancid fats are examples of free radical-generating elements that horses consume or inhale that cannot be eliminated by the body. These cause cell damage.

Antioxidants are a group of vegetal elements that can block the harmful effects of these so-called "free radicals." The most important antioxidants in Chia are chlorogenic acid and caffeic acid as well as myricetin, quercetin, and kaempferol flavonols. These antioxidants have been shown to provide protection to lipids, proteins, and DNA from oxidation, and work to inhibit lipid per oxidation with strong free radical and superoxide scavenging activity. They are more effective than vitamin C and vitamin E in their antioxidant properties (Kweon, Hwang, and Sung, 2001).

Chia vs. Flax

Chia is chemical and pesticide free, 100 percent natural and organically grown. Unlike flax, Chia requires no mechanical or chemical processing. It's ready to eat right out of the field!

Flax was never considered a food by any civilization. The hard outer shell

makes it indigestible. Flax fiber was used for clothing. Oil for lighting was made from the stalks and seeds by ancient cultures such as the Greeks, Romans, Egyptians, and Arabs (Cooley, 1899; Gil, 1965p Crawford, 1979; Palagia, 1984; Mayerson, 1997). Flax is mentioned eighty-nine times in the Bible (Moldenke and Moldenke, 1952); as a source of fiber for clothing, not for food.

Flax is not good in large, continuous amounts in the diet. Detailed information is available in a book titled, Chia: Rediscovering a Forgotten Crop of the Aztec , (University of Arizona Press 2005), written and researched by expert Dr. Wayne Coates, with co-author, agronomist Ricardo Ayerza. Dr. Coates holds a doctorate in Agricultural Engineering from Oklahoma State University.

Many people today have turned to the consumption of flax seeds or flax seed oils for supplementing their diets with omega-3 fatty acids, but there are serious problems with the use of flax seed in the diet. There are toxins and anti-nutritional factors found in flax seed.

"In order to safely use flax in animal and human diets the seeds should be detoxified. However, the most efficient processes require the use of solvents, and even in the best case the seeds cannot be completely detoxified (Madhusudhan et al., 1986; Mazza and Oomah, 1996)."

Chia seed is a much safer, long-term product to improve and maintain healthy people, pets and horses.

Chemical and Pesticide Free

No chemicals are used in Chia's growing, harvest or packaging process. All of Equinechia™ Chia seed is:

- Organically grown!
- Certified free from chemicals, pesticides, herbicides etc!
- 100% Kosher, Vegan, NON-GMO and Gluten-Free
- 3rd party tested prior to importing!
- Inspected by the FDA upon entry to the USA!
- The FDA regards Chia as a food with an established history of safe consumption

FEEDING INSTRUCTIONS

Recommendations by Equinechia™

These recommendations are based on research, science and actual experience with horses for best results. Please contact your veterinarian for

more advise on changing feed rations for your horses.

- We recommend feeding the seeds dry. Allow the seeds to absorb water in the digestive tract. As they expand, the soft fiber does incredible work.
- Mixing Chia seeds with 1 cup PRE-SOAKED grass or alfalfa pellets makes a tasty "cereal" that horses enjoy.
- Chia can be safely fed everyday. We recommend feeding daily 5 to 6 days/week.

Dosage

- Feed 1/3 cup (about 2 oz .) for each horse on pasture or maintenance.
- Feed 2/3 cup (about 4 oz.) for each horse on dry lot or stalled with hay.
- We recommend 2/3 cup dose for young, growing horses, seniors, re-hab horses or competition.

ORDER ONLINE

COST PER SERVING

Approximately:

55 lbs. at 2oz. per serving: 57¢

25 lbs. at 2oz. per serving: 70¢

10 lbs. at 2oz. per serving: \$1.00

5 lbs. at 2oz. per serving: \$1.12

Place Your Order Now — FREE Shipping!

- Select the Order Size from the drop down menu. Click the Buy Now button.

WHAT YOU'LL GET

Easy to Use Pails with sealable lids. Scoop included!



Benexia Brand Certified

Why Benexia?

Equinechia™ offers only Benexia certified Chia seed. Quality and safety is the main concern. Benexia brand Chia is the cleanest, best quality rating in guaranteed analysis and certification. Benexia Chia seed is tested by an independent third party and the FDA upon entry.

CHIA SEED TESTIMONIES

What People Are Saying about Equine Chia as a Natural, Nutritional Supplement...

“Dieting, obese and insulin resistant horses are hard to feed —they get fat easily and are constantly hungry — but Chia makes an amazing result in keeping them from having those blood sugar spikes and lows that cause them to eat their stalls! Insulin-resistant horses are becoming common, I think (or maybe people are just figuring out what it is) and it's a market hungry for solutions that make horses more comfortable, since diet, strict and bland, is the only way to really control it. Chia makes that a million times easier. Good job!”

—Casey, [The Golden Carrot Horse Rescue](#)

“Hershey is a rescue horse that arrived very malnourished on June 14, 2009”



<http://www.equinechia.com/content/Testimonies/static/hershey-before.jpg>

“Just 4 weeks later, the After photo really drives home the point! Chia was instrumental in his recovery.” —Casey



<http://www.equinechia.com/content/Testimonies/static/hershey-after.jpg>

Project Spirit

“I love the way our horses come through the winter with Chia added to their rations. It helps immensely with emaciated horses. They need the very best to come back to life and Chia is by far the finest to get them started. Recovery is faster. Chia is the best for maintenance and sustaining whole health. We use it for rescue and for our personal horses also. There is

nothing better to supply essential oils and aid digestion for a healthy tract in old and young horses. Wonderful product. We can't live without it!"

— Nadine, [*Project Spirit Horse Rescue and Rehab*](#)

Sand Clearing & Omega-3 Nutritional Supplement for Horses

"Chia seed has revolutionized the feeding program at our farm. We've seen cranky mares get hormone balanced, rehab horses gain healthy weight and shiny coats and we've eliminated hard to feed psyllium products. Since we started feeding Chia seed, we've had zero issues of sand colic. All our horses, every age and breed, benefit from this incredible seed. Very easy to feed and store. Highly recommend!" —Gin, [*Hilltop Farm of Oregon*](#)

Clinical Studies on Chia

Reference links:

The famous and respected Dr.Weil:

[Read more](#)

<http://www.drweil.com/drw/u/QAA365093/Chia-for-Health.html>

Clinical Animal Studies:

[Read more](#)

http://www.ehow.com/about_5068279_benefits-chia-seeds.html

Dr. Ann Louise Gittleman, Ph.D.CNS blog:

[Read more](#)

<http://blog.annlouise.com/2009/10/19/chia-the-seed-that-supercharge/>

An excellent book with several studies:

"Rediscovering a Forgotten Crop of the Aztec", (University of Arizona Press 2005), written and researched by expert Dr. Wayne Coates, with co-author, agronomist Ricardo Ayerza. (Dr. Coates holds a doctorate in Agricultural Engineering from Oklahoma State University.)

Clinical Human Studies:

[0079]A complete energy content and nutrient composition analysis of the chia seeds used in the examples was conducted by the University of Guelph, Ontario, Canada. The results of the analysis is shown in Table 2. It is believed that the potential physiologically active components in Chia include soluble and dietary fiber, omega-3 fatty acids, high level of protein, high potassium content, calcium, and iron, but also high potency antioxidants,

and flavonoids.

Read more:

<http://www.faqs.org/patents/app/20080305190#ixzz0VgBDudSg>

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