



Salvia Hispanica is an annual plant of the sage family, native to Mexico and mainly cultivated in South America. Sensitive to frost, native to tropical and subtropical climates, its cultivation in France required the selection of the Oruro® variety. It is from this plant with blue flowers and gray seeds, adapted to our climates, that the seeds we work with come.

Chia (pronounced “Tchia” in the Mayan language) was well known to pre-Columbian civilizations and more particularly the Aztecs. Little by little forgotten after the arrival of the Spanish, Chia and its virtues were rediscovered in the 90s. This oil is the most concentrated vegetable Omega 3 source known to date.

Botanical species

Salvia hispanica

Agricultural area

South West France

Sourcing type

Agriculture

Cultivation method

Organic

Local Sourcing

Final process area

South West France (Perles de Gascogne)

Part used

Seed

Mode

First Cold Press

Additives

None

Agricultural diversity

The cultivation of Chia offers new prospects for diversification for the agricultural world and the Oruro® variety adapted to our climates, offers new possibilities for crop rotations. Not very sensitive to diseases and parasites, requires little water and is resistant to dry periods, Chia is well adapted to organic growing conditions, and its short cycle (sowing April-May, harvest September) as well as its early flowering are also an asset for the reestablishment of bees.

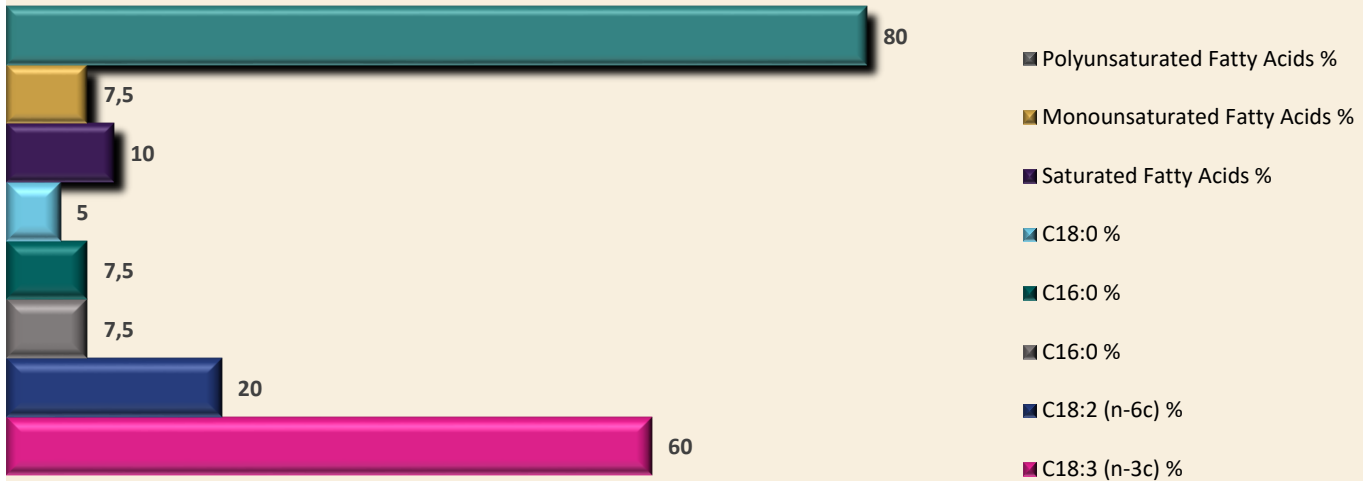
The seed harvested in August/September is dried and sorted by the Chia sector in France before being stored with us in a cold room and under a controlled atmosphere while waiting to be cold pressed in order to obtain our organic virgin Chia oil.



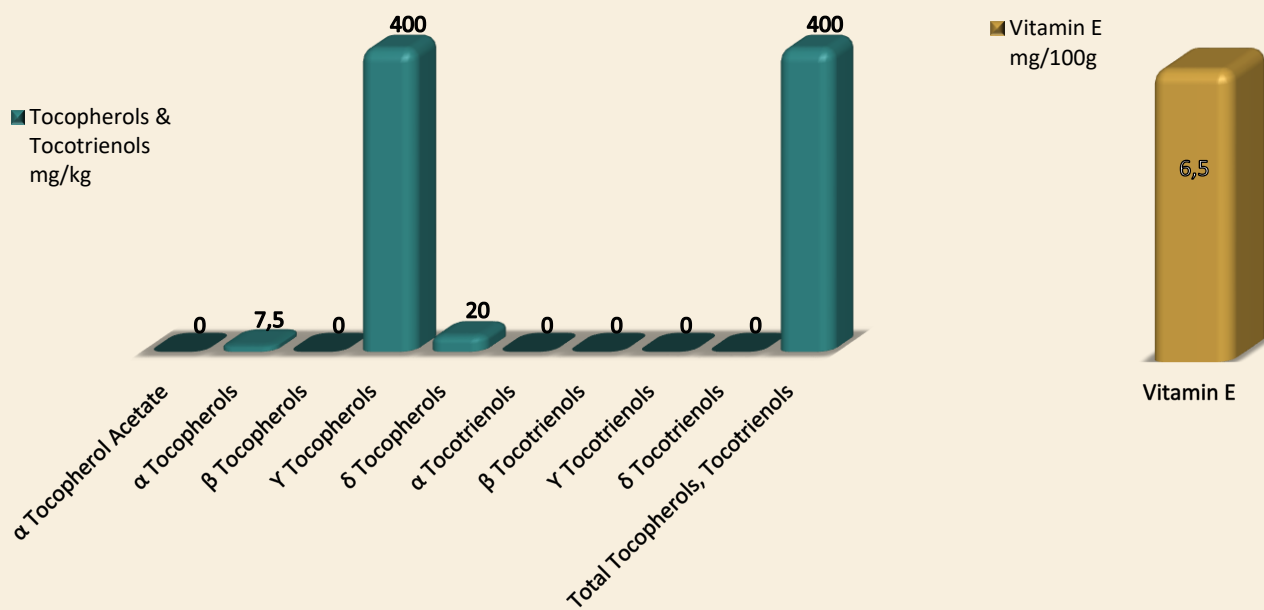
Quality Criteria

Peroxide Index	<15	meqO2/Kg
Acid Index	<4	mg KOH/Kg
Saponification Index	(vide)	Without

FATTY ACIDS COMPOSITION



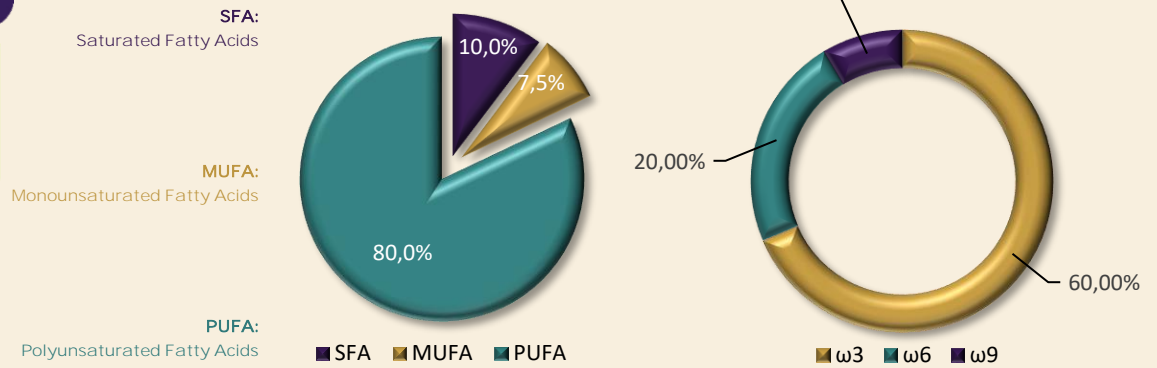
UNSAPONIFIABLE



Rich in Vitamin E (majority γ tocopherols)

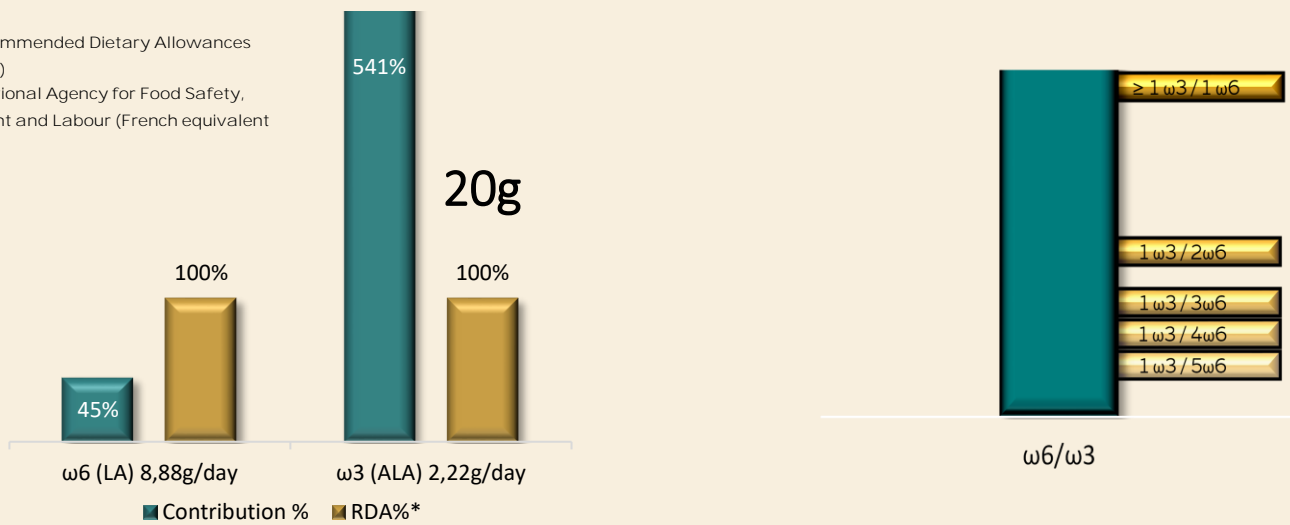
Source of alpha-lipoic acid (powerful antioxidant properties, role in energy metabolism, and insulin sensitivity)

Contains vitamin A (immune system, growth and development, healthy skin and intact mucous membranes)



Composed mainly of polyunsaturated fatty acids (PUFA). Including an exceptional richness in Omega 3

*RDA: Recommended Dietary Allowances
(Ref ANSES)
ANSES: National Agency for Food Safety,
Environment and Labour (French equivalent
of USDA)



Its composition of Omega 3 (ALA) and Omega 6 (LA) ensures with a consumption of 20g (1.5 tablespoons) respectively more than 500% and 45% of the daily requirements for essential fatty acids (EFA). It thus allows a rebalancing of the ω6/ω3 ratio of your total food intake, generally too rich in ω6 and to get closer to the optimal (5ω6 for 1ω3).

NUTRITIONAL CLAIMS

Is naturally rich in Vitamin E

Is naturally rich in omega 3 fatty acids

HEALTH CLAIMS

Alpha-linolenic acid (ALA) contributes to the maintenance of normal cholesterol levels. The beneficial effect is obtained by the daily consumption of 2 g of ALA.

Consumption of fats rich in unsaturated fatty acids in the diet as a substitute for fats rich in saturated fatty acids has been shown to lower/reduce blood cholesterol levels. High cholesterol levels are a risk factor for the development of coronary heart disease.

Vitamin E helps protect cells against oxidative stress

ORGANOLEPTIC DESCRIPTION



6

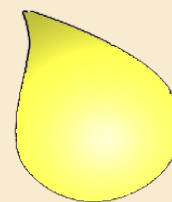
yellow light, slight green highlights



Intensity (1 to 10)

Group

Gold



5

Round flavor, asparagus and white flowers

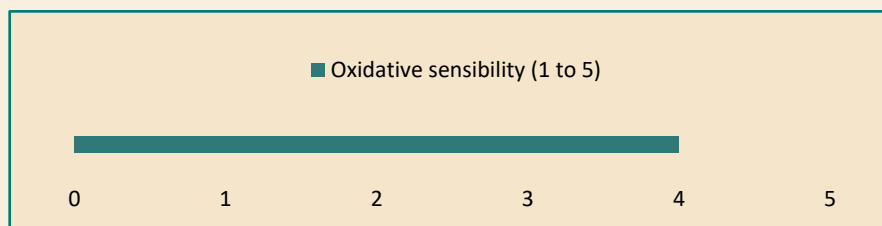
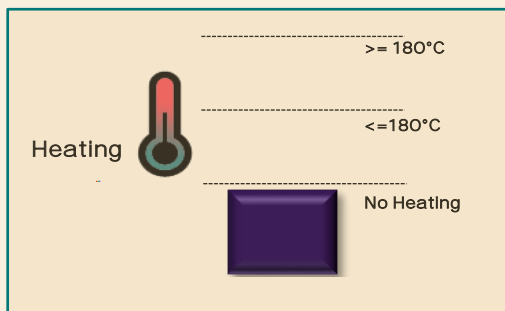


Intensity (1 to 10)

Group

White flowers

UTILISATIONS



Store preferably in a cool, dry place and away from light and heat.

To be used cold, as a complement to seasoning raw vegetables or salads.

Can also very pleasantly flavor the entire kitchen from savory dishes, meats to desserts.



Many recipes are available on: www.perles-gascogne.com www.perles-gascogne.com

Omega 3

Ratio $\omega 6/\omega 3$

www.perles-gascogne.com

