

## MILA The Miracle Seed

Has the highest and safest combination of Omega-3 fatty acids, antioxidants, fiber and phytonutrients of any source on the planet. It is non-GMO (Genetically Modified Organism) and pesticide-free!

**Mila** is gluten-free, trans-fat free, sugar-free, high in fiber and protein, has no taste or smell and can be deliciously combined with many foods! Its supreme biological properties are not diminished by heat in the baking process, therefore making it easy to incorporate into your favorite recipes.

**Mila** is a mixture of *Salvia hispanica* L. seed that has been carefully selected to maximize its nutritional value. Our proprietary system insures that every serving is optimized for the highest bioavailability and nutritional value.

### Comparison gram per gram:

- 8x** more Omega-3 than Atlantic farmed or wild salmon
- 6x** more Calcium than milk
- 3x** more Iron than spinach
- 2x** more Potassium than bananas
- 15x** more Magnesium than broccoli
- 2x** more Fiber than bran flakes
- 6x** more Protein than kidney beans
- 4x** more Selenium than flax seed
- 9x** more Phosphorus than whole milk
- More** Antioxidants than blueberries

### MILA'S POWER for improving health!

Loaded with Omega-3's, fiber, antioxidants and many other vital nutrients, Mila offers a variety of opportunities to improve your overall health and well being. The experts at the American Medical Association, WebMD, JAMA and some of the most respected medical schools agree that the nutritional components of Mila can offer you better health!

- Heart Disease
- Anti Aging
- Weight Loss
- Maintaining Healthy Blood Pressure
- Menopause
- Gastro-intestinal Health
- Osteoporosis
- Mental Health
- Type II Diabetes
- Prenatal Health



### MILA - The Best of the Best

Dr. Wayne Coates, re-discoverer and foremost expert on *Salvia hispanica* L. is committed to making sure that Mila is the best available. It is a mixture of the best seed which has been grown under the most favorable conditions and in locations which achieve the highest quality and nutritional value.

Mila is not intended to treat, cure, or prevent any disease. The information provided is intended for educational purposes. It is not to be construed as providing medical advice or substitution for professional services. All information provided is general and not specific to individuals. We endeavor to state the case properly and educate our associates appropriately. Lifemax does not, in any way, represent treatment, cure or mitigation of disease. Persons experiencing health problems should consult a medical professional.