



Cenergy Chia

Introduction

- Cenergy has expanded its market value in relation to nutritional value. Through a long-term relationship, Cenergy has acquired the rights to buy some of the highest quality nutrition, ground “Chia”, in the world. “Chia” is one of the healthiest whole food product in the world. Cenergy will include the following, in our product line.


- Protein Powders
- Oil-Food Dressing & Extracts
- Weight Gainers
- Oil Joint Relief
- Fat Burners
- Sleeping Products

- The following summary will include a short description of the amazing uses of the “Chia Seed.”



Chia's Power for Improving Health!

- Located with Omega-3's, Fiber, Antioxidants and many other vital nutrients, Chia offers a variety of opportunities to improve your overall health & well being.
- **Heart Disease:** Given today's typical dietary habits, finding additional sources of Omega-3's is more important than ever. To help offset that negative dietary trend. Chia contains the perfect ratio of 3:1 (3 Omega-3's to 1 Omega-6). Omega-3's are clinically proven to lower cholesterol and triglyceride levels, stabilize heart arrhythmia, lower blood pressure, act as a natural blood thinner and increase HDL ("good") cholesterol.
- **Anti Aging:** Did you know that every ninety days your body regenerates nearly all of it's seven-to-ten trillion cells? When healthy, stronger, smoother, more elastic cells are properly regenerated, the aging process is slowed.
 - Fights Free Radical Damage
 - Regain youthful exuberance
 - Hair, Skin & Nail Enhancement
 - Lowers lactic acid buildup in muscles
 - Aging happens when damaged cells are replicated. Chia's antioxidants act to neutralize the free radicals that cause premature aging.
 - Flushes out age-accelerating toxins
 - Skin Elasticity
 - Joint lubrication and reduced inflammation
 - Reduces muscle soreness and speeds rejuvenation
- **Weight Loss:** Chia is so nutrient dense that the equivalent quantity of nutrients can only be acquired by consuming a combination of the highest food sources of those nutrients, an amount of food that represents approximately 6 times the calories of Chia. For example, consuming 3.5 oz. of Chia, results in about 6 times fewer calories from the combined best sources of the same nutrient. In addition, Chia's exceptionally high level of Tryptophan (an amino acid that suppresses appetite) may relieve hunger pangs. Chia can easily be used in formulating meal replacements.



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Heart Disease

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- Flushes out age-accelerating toxins
- Regain youthful exuberance
- Skin elasticity
- Hair, skin and nail enhancement
- Joint lubrication
- Reduces muscle soreness and speeds rejuvenation
- Lowers lactic acid buildup in muscles

Weight Loss

Chia is so nutrient dense that the equivalent quantity of nutrients can only be acquired by consuming a combination of the highest food sources of those nutrients, an amount of food that represents approximately 6 times the calories of Chia. For example, consuming 3½ oz. of Chia results in about 6 times fewer calories from the combined best sources of the same nutrient. In addition, Chia's exceptionally high level of Tryptophan (an amino acid that suppresses appetite) may relieve hunger pangs. Chia can easily be used in formulating meal replacements.



Maintaining Healthy Blood Pressure

Chia has a vasodilatory effect by increasing the size of the arteries and thereby lowering blood pressure. This is the same effect achieved by prescription-type medications and should work just as well for women as it does for men.

Menopause

Chia, with its high Omega-3 content, may enhance and balance hormone replacement therapy (HRT). Chia may help reduce hot flashes and other symptoms of menopause and help maintain a positive mental outlook.

Breast Health

Preliminary research at the University of California, Los Angeles suggests that Omega-3's may help maintain healthy breast tissue.

Prostate Health

Numerous studies show that diets high in Omega-3's and fiber may help maintain a healthy prostate. Chia with its high Omega-3 and fiber content, is an easy and simple way to include these necessary nutritional benefits into your daily diet.

Gastro-intestinal Health

Chia is also a hydrophilic colloid. This important property aids in the digestion of food and helps control excess acids associated with indigestion, heartburn, and sour stomach. Chia's unique soluble fiber content combined with its hydrophilic colloidal properties makes a gel in the stomach that creates a physical barrier thereby "lining" the stomach.



Bone Health

Per serving, Chia contains six times more calcium than milk. Chia is a rich source of other essential minerals like phosphorous, magnesium and iron, all of which aid in the absorption and utilization of calcium by the body.

Mental Health

The International Journal of Clinical Practice tells us that much research (including research from Harvard) has linked low levels of Omega-3's in the body with mood disorders. Omega-3's are believed to keep the brain's pattern of thoughts, reactions, and reflexes running cohesively and efficiently. Clinical trials have concluded that Omega-3's may reduce the risk of various psychiatric disorders and Alzheimer's disease.

Blood Sugar

Salvia hispanica L.'s nutrient dense qualities and Omega 3 content has been shown to assist in the control of diabetes.

Prenatal Health

The American Journal of Clinical Nutrition reported that Omega-3's are very important to nourish the developing brain of the baby and to the mental health of the mother. Chia also contains essential amino acids, phytonutrients, vitamins and minerals including folate (folic acid) all of which are extremely important in fetal development. Warning: Flax is a thyroid interrupter and should be avoided during pregnancy. Chia is 100% safe for pregnancy.



Chia's Power for Improving Health!

- **Maintaining Healthy Blood Pressure**: Chia has a vasodilatory effect by increasing the size of the arteries, thereby lowering blood pressure. This is the same effect achieved by prescription-type medications and should work just as well for women as it does for men.
- **Menopause**: Chia, with its high Omega-3 content, may enhance and balance hormone replacement therapy (HRT). Chia may help reduce hot flashes and other symptoms of menopause and help maintain a positive mental outlook.
- **Breast Cancer**: Preliminary research at UCLA, suggests that Omega-3's may help maintain healthy breast tissue and deter breast cancer.
- **Prostate Cancer**: Numerous studies show that diets high in Omega-3's and fiber may help reduce the risk of prostate cancer. A Duke University Medical Center pilot study concluded that even short-term changes to a high fiber/Omega-3 supplemented diet resulted in prostate cancer cells that did not divide as quickly as those in men not on the diet. Chia, with its high Omega-3 and fiber content, is an easy and simple way to include these necessary nutritional benefits into your daily diet.
- **Gastro-Intestinal Health**: Chia is also a hydrophilic colloid. This important property aids in the digestion of food and helps control excess acids associated with indigestion, heartburn, sour stomach and ulcers. Chia's unique soluble fiber content combined with its hydrophilic colloidal properties makes a gel in the stomach that creates a physical barrier thereby "lining" the stomach to prevent irritation.



Chia's Power for Improving Health!

- **Osteoporosis:** Per serving, Chia contains six times more calcium than milk, which prevents against bone loss. Chia is a rich source of other essential minerals like phosphorous, magnesium and iron, all of which aid in the adsorption and utilization of calcium by the body.
- **Mental Health:** The International Journal of Clinical Practice, tells us that much research (including research from Harvard) has linked low levels of Omega-3's in the body with mood disorders. Omega-3's are believed to keep the brain's pattern of thoughts, reactions, and reflexes running cohesively and efficiently. Clinical trials have concluded that Omega-3's may reduce the risk of various psychiatric disorders and Alzheimer's disease.
- **Type II Diabetes: (Non-Insulin)** Chia's nutrient dense qualities have been clinically proven to significantly improve metabolic control of diabetes. In an acute study, after-meal blood glucose and plasma insulin levels were reduced thereby improving insulin sensitivity. In a long-term trial, blood pressure was reduced. High blood pressure is the major cardiovascular risk factor in those with Type 2 diabetes.
- **Prenatal Health:** The American Journal of Clinical Nutrition reported that Omega-3's are very important to nourish the developing of brain of the baby and to the mental health of the mother. Chia also contains essential amino acids, phyto-nutrients, vitamins and minerals, including folate (folic acid) all of which are extremely important in fetal development. Warning: Flax is a thyroid interrupter and should be avoided during pregnancy. Chia is 100% safe for pregnancy.

Summary

- The Chia Seed has the highest and safest concentration of Omega-3 fatty acids, antioxidants, fiber and phyto-nutrients, of any source on the plant. It is non-GMO (Genetically Modified Organism) and pesticide free.
- The Chia Seed 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! It's supreme biological properties are not diminished by heat in the cooking process, therefore making it easy to incorporate into your favorite recipes.
- Cenergy will be the only Company to have "Chia," an inception into a market that is saturated with generic product. This innovative idea will put Cenergy on the protein market without question as a breakthrough in the industry. We, at Cenergy, are excited and positive, this will create a sensation since the inception of nutritional products with a total new direction for health.

Opportunities

- Innovative product with a huge market for success. (Protein Powders).
- Product Research & Development will be conducted at in House Manufacturing Facility, with the ability to sample manufactured packets for distribution.
- Cenergy believes the introduction of “Chia” in the supplement industry, will build a global web of consumption.



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