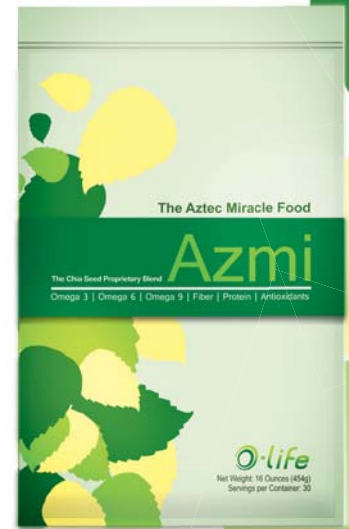


THE GREEN SOLUTION FOR A HEALTHIER LIFE!

The Aztec Miracle Food

Azmi provides a highly nutritious boost to your daily diet. Discovered in the Pre-Columbian era, Chia, the Mayan word for "Strength" was considered the mega-energy food of its time. Chia seed is produced by a desert plant (*Salvia hispanica* L.) which is a member of the mint family.

The power of chia seeds goes beyond any other food in existence. Chia seeds are higher in Omega 3 content than any other plant source and highly recommended by well-known researchers and doctors.



The Chia Seed Proprietary Blend

Azmi

Omega-3 | Omega-6 | Fiber | Protein | Antioxidants



BENEFITS

- All **natural green food with no additives**
- A natural source of **Omeegas 3 and 6**
- The best source of **fiber**
- High source of **protein**
- Absorbs **10x their weight in** water, great for keeping our bodies hydrated
- **Easy to digest**
- **3x more antioxidants** than blueberries
- **3x more iron** than spinach
- **2x more potassium** than bananas
- **5x more calcium** than milk
- **No cholesterol**



Exclusively Distributed by 

Product of the Americas
Packaged in the USA



Why Azmi?

Chia seeds is the “**The Aztec Miracle Food**” that was once considered the running food for the Aztec messengers. We have created this Proprietary Blend for those who want to receive all necessary omegas and nutrients through an all natural green food. Make **Azmi** a part of your daily life by making it an additive for all meals and beverages. With so many omega sources out there **Azmi** surpasses them in many ways.

Receive these **BENEFITS** and much more all from a single serving of our **Azmi** seeds



Omega-3

May lower the risk of chronic disease such as cancer, heart disease and arthritis



Omega-6

Stimulates the growth of hair, and skin while regulating the metabolism, reproductive system, and bone health

Provides a **natural** and **balanced** source of **Omega-3** and **Omega-6!**



Fiber

Contributes to weight management and keeping the blood sugar at an even level

The best source of Fiber



Protein

Builds and repairs tissues. Helps in the production of enzymes, hormones, and muscle

An excellent substitute for eggs



Antioxidants

Substances or nutrients in our foods that can prevent or slow the oxidative damage to our bodies

3x more than blueberries



Iron

Transports and stores of oxygen while aiding in energy production. It also helps the immune and central nervous systems

An excellent source of Iron



Potassium

A vital mineral that is important for the proper function of all tissues, cells, and organs in the human body

2x more than bananas

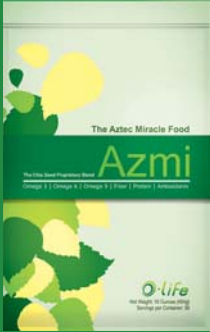


Calcium

The key for healthy bones, muscles and nerves and reduces the risk of osteoporosis

5x more than milk

WHY AZMI IS BETTER?



1. To provide the **best quality seeds**, we plant and harvest the seeds in a carefully selected environment. Plus in order to give the absolute amount of Omega-3, we use mature seeds in our blends.
2. Instead of using traditional grinding methods, we use a cold-fracture process which mechanically and carefully opens the seeds and **removes the low quality ones from our mix**.
3. Our method is also temperature controlled (eliminates oxidation) and gentle enough that **seeds will preserve their oils and nutritional value**.
4. **Chia seeds are hydrophilic**, they can quickly absorb water in under 10 minutes.
5. **We don't use chemicals or pesticides** because insects are already repelled by the amount of oils that is produced by the plant.
6. It is **gluten-free** and an excellent alternative to grains.

Try this Chia Recipe!



Pumpkin Chia Seed Muffins

(This recipe was featured with Dr. Oz on the Oprah Winfrey Show)

Ingredients:

- 1 tablespoon chia seeds
- 1 cup whole wheat or whole grain flour
- 1/2 cup white unbleached flour
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 can (16 ounces) organic pumpkin (make sure there is only pumpkin listed on the ingredient list)
- 2 eggs
- 1/4 cup high-quality extra-virgin olive oil
- 1 cup pure maple syrup or 1/2 cup agave nectar or a combination of the two
- 1 tablespoon vanilla

- 1/2 cup chopped walnuts or pecans , optional
- Salt and pepper to taste

Directions:

Pre-heat oven to 350°.

Mix dry ingredients together in a bowl. In a separate bowl, mix all wet ingredients.

Fold the wet ingredients (fold in nuts now if you are using them) into the dry ingredients and spoon into paper-lined muffin or greased muffin tins. Bake for 25–30 minutes or until a toothpick inserted into the middle of a muffin comes out clean. Store completely cooled muffins in sealable plastic bags in the freezer.

For more information on this and our other products please visit

www.o-life.com



980 W. Cienega Ave., San Dimas, CA 91773