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Salvia hispanica Seed

National Cancer Institute

Source

National Cancer Institute. *Salvia hispanica Seed*. NCI Thesaurus. Code C124994.

The edible seed of the flowering plant *Salvia hispanica* (chia) used as a nutritional supplement, with potential immunomodulating activity. Upon ingestion, chia seed supplies essential fatty acids, including alpha linolenic acid (an omega-3) and linoleic acid (an omega-6), B vitamins, especially niacin (B3) and thiamine (B1), and several minerals, including calcium, zinc, manganese, magnesium, phosphorus and iron; it also contains high levels of antioxidants and dietary soluble fiber. When used as a dietary supplement, this agent may improve a patient's nutrient intake and may balance their intestinal microbiome.