



## Genesis PURE™ Mila FAQ

### **Can you take more than one dose of Mila per day?**

Yes. We recommend taking one to four serving per day. However, if you have health issues, are on medication, or feel you need more than the recommended amount, please consult your health care provider. Be sure to drink ample water when consuming Mila. If you experience abdominal discomfort, gas, or bloating, please reduce dosage and increase water consumption. You may also consider *hydrating* your Mila by soaking it in water (1:4 ratio of Mila to Water) for 5-10 minutes or until it becomes gelatinous.

### **Can you mix Mila with other Genesis PURE products?**

Yes. Any Genesis PURE product may be used in the same regimen as Genesis PURE Mila; however some products should be consumed by themselves and should not be consumed at the same time as Genesis PURE Mila. Please refer to the *Product Use Guide* for a detailed description of how products may be used together.

### **How does Mila taste?**

Genesis PURE Mila is virtually tasteless. However, you may detect a mild nutty flavor. Note it has a gelatinous texture when soaked in liquid.

### **How do I flavor Mila?**

Genesis PURE Mila is extremely versatile. It may be consumed in water only, mixed with your favorite foods or beverages, or sweetened however you like. Experiment with different recipes to find the perfect way to enjoy your Mila.

### **Can I use Mila with other food?**

Yes. You can use Genesis PURE Mila with any food. Some great examples are on breakfast cereal, in yogurt, over a salad, mixed with rice, in a smoothie, etc. You can also use Mila for baking. Simply divide the amount of butter or oil in half, and then use the same amount of hydrated Mila (1 scoop Mila with 4 oz. water, soaked for 10 minutes) to replace it. The food will bake and taste the same. Mila lets you make bread, muffins, cookies, cakes, pancakes and waffles healthier!

### **Can I take too much Mila?**

Genesis PURE Mila is food. As with any food, you can overdo it. Start with one-half scoop and work up to an amount comfortable for you. Some people take as much as four scoops per day. Others experience constipation or intestinal discomfort because of Mila's high fiber content. If this is the case, start with ¼ scoop and increase amount over time. It may also be helpful to hydrate it (soak in 4 oz. water for 10 minutes) before consuming. Be sure to drink amply water when consuming Mila.

### **Is Mila gluten free?**

Yes. Mila is labeled gluten free. It is produced from chia seeds, which do not contain gluten and is manufactured in a facility that does not manufacture any gluten-containing ingredients to minimize the risk of gluten contamination in the product. In order to keep product costs down, we have opted not to pursue an optional third party gluten free certification at this time.

*Continued next page...*



**What is the difference between Mila and other chia seed products?**

The body-beneficial nutrients found in seeds are best released and assimilated when the seeds are suitably chewed and broken open. Small seeds, like chia, are small and are difficult to be thoroughly properly chewed, therefore, making it difficult to absorb its vitamins, minerals and omega-3 fatty acids. By fractionating the seeds, they become more bioavailable to the body. Note that if the seed is heated during the fractionation process, it may lose nutrients. Therefore, Genesis PURE uses a *cold fractionation* process that maintains the nutrient content of the seeds. Additionally, Genesis PURE gathers seeds from multiple growers and blends them to ensure Mila is the most nutrient-dense chia seed product on the market.