



## CHIA SEEDS

**Botanical Name:** *Salvia hispanica*

**Common Name:** *Kiosmina hispanica* (L.) Raf, *Salvia chia* Colla, *Salvia chia* Sessé & Moc. nom. Illeg

**Medicinal part:** Seeds

**Description:** Chia seed is obtained most commonly from *Salvia hispanica* of the Lamiaceae family. Other plants referred to as "chia" include "golden chia" (*Salvia columbariae*) and the flowering herbaceous perennial *Salvia polystachya*, which is rarely cultivated and the seeds are not used. The seeds of *Salvia columbariae* are used medicinally and for food. Typically, chia seeds are small ovals with a diameter of approximately 1 mm (0.039 in). They are mottle-colored with brown, gray, black, and white. The seeds are hydrophilic, absorbing up to 12 times their weight in liquid when soaked. While soaking, the seeds develop a mucilaginous coating that gives chia-based beverages a distinctive gel texture.



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