

Long-term dietary intake of chia seed is associated with increased bone mineral content and improved hepatic and intestinal morphology in Sprague-Dawley rats

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Table S1. Nutritional composition of the chia seed studied

Compounds	Concentration (g 100 g ⁻¹)
Moisture	6,6
Ash	4,73
Total lipids	34,54
Palmitic acid (C16:0)	5,46
Stearic acid (C18:0)	2,14
Oleic acid (c9 C18:1)	4,87
Octadecenoic acid (c11 C18:1)	0,58
Linoleic acid (c9, c12 C18:2)	18,63
γ-linolenic acid (c6, c9, c12 C18:3)	0,22
Arachidic acid (C20:0)	0,16
α-linolenic (c9,c12,c15 C18:3)	67,85

Protein	19,09
Total dietary fiber	16,50
Carbohydrates	18,54
Calcium (mg)	1150,00
Phosphorus (mg)	800,00

Figure S1. Experimental diets in form of food pellets*



*Unit of the metric ruler in centimeters