





Application Concept in Functional Foods

INSTANT PORRIDGE ABSORPTION-OPTIMIZED NUTRIENT BLEND FOR ELDERLY

WITH 100% SOLUBLE CHIA OIL - BENEXIA® ALA POWDER 40

The highest plant-based source of Omega-3 alpha-linolenic acid for optimum absorption and bioavailability.

INGREDIENTS

Benexia[®] ALA Powder 40 (Chia Oil (70%), Acacia Gum (30%)), quinoa flour, rice flour, modified corn starch, pea protein, calcium carbonate, vitamins and minerals, inulin, natural banana flavor, arabic gum, tocopherols, ascorbil palmitate, guar gum.

COMPOSITION

Nutrition Facts Serving size (250 g reconstituted product)	
Amount per Serving	400
Calories	408
	Daily Value*
Total Fat 13.3g	17%
Saturated Fat 3g	15%
Monounsaturated Fat 3g	
Polyunsaturated Fat 7.3g	
Omega-3 ALA 4800 mg	
Cholesterol Omg	0%
Sodium 248mg	11%
Total Carbohydrates 55.5g	20%
Dietary Fiber 2g	7%
Total Sugars 9.3g	
Protein 14g	28%
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

TARGET

Seniors / Elderly

RECOMMENDED CONSUMPTION

Four tablespoons (50 g) prepared with 200ml of milk, water, or any nutritional formula up to two times per day.

4800 mg Omega-3 ALA for



SUGGESTED FORMAT

300g pack (6 servings).

NUTRIENT CONTENT / NUTRITIONAL CLAIMS*

Excellent Source of Omega-3 | USA High Omega-3 Fatty Acids | EU

HEALTH CLAIMS / FUNCTION STRUCTURE CLAIMS*

Alpha-linolenic Acid | USA

Scientific evidence demonstrates that diets that includes omega-3 fatty acids (ALA) may:

- Strengthen heart health for cardiovascular support.
- Support immune system.

Alpha-linolenic Acid | EU

ALA contributes to the maintenance of normal blood cholesterol levels.

KEY ADVANTAGES

- Plant-based omega-3 from a sustainable source.
- Cardiovascular support.
- Blood sugar and cholesterol levels control.
- Cognitive and neurological protection.

* Claims are subject to local regulation. This product is not intended to diagnose, treat, cure, or prevent any disease.

ALA Fatty Acid Science in Elderly's Brain Health

STUDY:

OMEGA-3 BLOOD BIOMARKERS RELATE TO BRAIN GLUCOSE UPTAKE IN INDIVIDUALS AT RISK OF ALZHEIMER'S DISEASE (AD) DEMENTIA.¹

Omega-3 key findings in cognitive function

Blood Omega-3 preserves glucose metabolism in vulnerable brain regions in individuals with AD dementia.

ALA positively influences brain glucose metabolism on its own. This effect isn't due to its conversion to DHA, which is minimal, and DHA levels did not correlate with brain glucose uptake.

Foods rich in omega-3 might be helpful in early features of AD dementia.

A cross-sectional study with 320 cognitively unimpaired participants showed that dietary and blood status of ALA are directly related to enhancing brain glucose metabolism, making them a potential complementary intervention for individuals at high risk of cognitive decline. Since brain glucose hypometabolism is an early marker of Alzheimer's disease (AD). ALA supplementation may be preventive nutritional intervention during midlife that might contribute to preventing or ameliorating cerebral bioenergetic dysfunction associated with AD dementia.

STUDY:

ORAL CONSUMPTION OF ALPHA-LINOLENIC ACID INCREASES SERUM BRAIN-DERIVED NEUROTROPHIC FACTOR (BDNF) LEVELS IN HEALTHY ADULT HUMANS.²

ALA key findings for brain lesion

The study shows that ALA can increase BDNF levels, which may help reduce the size of brain damage in stroke patients.

ALA may benefit neurological conditions, particularly stroke, which is a leading cause of death.

This study conducted in 30 healthy adults (15 men and 15 women) who took 500mg of ALA per day for one week, suggests ALA supports brain health and antioxidant activity by increasing BDNF for neurological synthesis and Malondialdehyde (MDA) an anti-inflammatory bio-marker.



REFERENCES

- Lázaro I, Grau-Rivera O, Suárez-Calvet M, Fauria K, Minguillón C, Shekari M, Falcón C, García-Prat M, Huguet J, Molinuevo JL, Gispert JD, Sala-Vila A; ALFA study. Omega-3 blood biomarkers relate to brain glucose uptake in individuals at risk of Alzheimer's disease dementia. Alzheimers Dement (Amst). 2024 Jul 5;16(3):e12596. doi: 10.1002/dad2.12596. PMID: 38974876; PMCID: PMC11224768.
- 2. Hadjighassem, M., Kamalidehghan, B., Shekarriz, N. et al. Oral consumption of α-linolenic acid increases serum BDNF levels in healthy adult humans. Nutr J 14, 20 (2015). https://doi.org/10.1186/s12937-015-0012-5