

# ORGANIC CHIA

Whole Seeds

## Richest Vegetarian Source of Omega-3 & Fiber

Chia seeds, treasured even more than gold by the Aztecs and Mayans, were used as a high energy endurance food because of their high amounts of protein and nutrients. Perfectly suited for modern day life, Chia Seeds are a nutty tasting whole grain and a healthy addition to all diets.

## 100% Certified USDA Organic = Superior Chia Seeds

The fertile soil and ideal subtropical climate where our seeds are grown offer the best conditions for the growth of superior seeds and eliminate the need for herbicides, fungicides, or pesticides.

## Perfect Ratio of Omega-3 & Omega-6

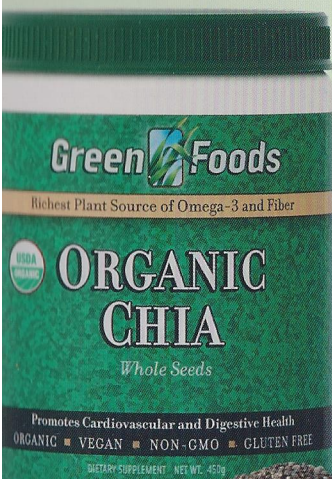
Chia seeds provide the highest amounts of vegetarian Omega-3's, and offer an ideal Omega-3 to Omega-6 ratio of 3:1. These essential fatty acids may promote cardiovascular and neurological health, aid in skin repair, and may help to regulate cholesterol, sugar levels, and blood pressure.\*

## High Quality Protein

Chia seeds are a great vegetarian source of high quality protein containing all essential amino acids. They are perfect for vegetarians and people missing protein in their diets. This protein is more easily absorbed and digested than animal derived proteins.









## Richest Whole Food Source of Fiber

Just one serving of our seeds provides 20% of the daily recommended intake of **fiber**. Chia contains **insoluble** and **soluble** fiber, which may assist in helping to lower cholesterol and blood sugar levels as well as aid with digestion, detoxification, and weight loss.\*



## Nature's Perfect Food

Gram per gram Chia Seeds are a superior source of many nutrients. Their mild flavor and versatility makes it easy to integrate them in your diet to enjoy the exceptional nutritive benefits that are packed in every tiny seed.

	More Omega 3's than fish oil
	More fiber than flax seeds
	More protein than beans and legumes
	More potassium than bananas
	More iron than spinach
	More antioxidants than blueberries
	More calcium than whole milk
	Higher ORAC than white chia seeds



## Superior Source of Omega-3

Today's market offers four sources of Omega-3 fatty acids: fish oil, flaxseed, algae, and chia. Chia surpasses all of them. Our certified organic chia does not contain any harmful toxins unlike fish oils and algae that may be contaminated with mercury. Chia does not have to be ground like flax and its many antioxidants protect the oils from going rancid — allowing the product to have a long shelf life.



## Supplement Facts

Serving Size: 1 Scoop (15g) Servings per Container: 30

Amount Per Serving	% Daily Value*
Calories	79
Total Fat	5g 8%
Saturated Fatty Acids	1g 5%
Total Carbohydrates	6g 2%
Dietary Fiber	5g 20%
Soluble Fiber	1g †
Insoluble Fiber	4g †
Protein	3g 6%
Vitamin E	4mg 27%
Calcium	75mg 8%
Iron	1mg 6%
Phosphorus	80mg 8%
Magnesium	44mg 11%
Potassium	90mg 2%
Omega 3 (Alpha-linolenic acid)	3,054mg †
Omega 6 (Linoleic acid)	885mg †
Omega 9 (Oleic acid)	1,305mg †

\* Percent Daily Values based on a 2,000 calorie diet.

† Daily Value not established

## Ingredients:

Organic Chia Seeds  
(Salvia hispanica L.)

## Suggested Use:

For best results, mix one scoop (15g) into 8oz. of liquid or food 1-3 times a day.

Eat them straight from the bottle as a nutritious snack or add to cereals, salads, yogurt, cottage cheese, soups, sandwiches, or oatmeal.