

Green Foods™

The Experts in Green Nutrition™

**SUPERIOR SOURCE
OF OMEGA-3'S
AND FIBER.**



ORGANIC CHIA

WHOLE CHIA SEEDS

CERTIFIED ORGANIC, GLUTEN-FREE, NON-GMO, CERTIFIED VEGAN



ORGANIC CHIA

Nature's Perfect Food: Gram for gram, chia seeds are a superior source of Omega-3's, protein, and fiber without the worry of contamination, allergies, and sodium. Their mild, nutty flavor and versatility makes them perfectly suited for modern day life and a healthy addition to all diets.

HEALTH BENEFITS

Superior Source of Omega-3's

No toxins, heavy metals, or fillers: Unlike fish oils, Chia does not contain harmful toxins or fillers.

Low allergy risk: Allergic reactions to fish are among one of the most common food allergies in children and adults.

No processing required: Unlike flax seeds, which need to be ground to realize their full benefit, chia seeds do not need to be ground.

Shelf stable: Antioxidants in the seed protect the oils from going rancid, allowing for a shelf stable product. Flax oil and fish oil are highly prone to oxidation, and must be kept in a dark container in the refrigerator and must be consumed within a few months of opening. In addition, some fish oils are partially hydrogenated to prolong their shelf life.

Less sodium: Chia seeds contain 1.8, 2.6, 3.5 and 163 times less sodium per 100 grams of an edible portion than flaxseeds, canned tuna in water, pink salmon, and algae.

Sustainable: Chia seeds are one of the most sustainable sources of Omega-3's.

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 support cardiovascular and neurological health, brain development and functioning, aid in skin repair, and may help support healthy cholesterol and blood glucose levels.*

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 both insoluble and soluble fiber, which support healthy cholesterol and blood glucose levels as well as aid with digestion, detoxification, and weight loss.*

INGREDIENTS

Organic Chia Seeds (*Salvia hispanica* L.)



Contains no added sugar, salt, colorings, or fillers. Free of animal products, gluten, soy, wheat, and yeast.

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

Available Sizes: 450g bottle.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



FOR MORE INFORMATION VISIT WWW.GREENFOODS.COM OR CALL (800) 777-4430