

CHIA, NATURE'S AMAZING SUPER FOOD

HEALTHY CHOICE
NUTRITIONALS®

PureChia™ Capsules

Nature's Amazing Super Food

A Rich Source of Fiber

High Antioxidant Value

Naturally Rich in Protein

**INCREASE
ENERGY!***

120 Capsules

NEW!

Dietary Supplement

VEGETABLE SOURCE OF OMEGA-3

- Increases Energy and Endurance*
- Rich Natural Plant Source of Omega-3
- 100% Cholesterol Free
- A Fully Sustainable, Environmentally Friendly Food Product
- Six Times More Calcium than Whole Milk
- Fifteen Times More Magnesium than Broccoli
- Three Times the Antioxidant Capacity of Fresh Blueberries
- More Fiber than Flaxseed, More Protein than Soy

Suggested Use: Take two (2) capsules twice daily with 8 ounces of water, 45 minutes before meals.

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

HealthyChoiceNaturals

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SKU: CHIACAPS



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MADE IN USA

Supplement Facts

Serving size: 2 Capsules

Servings per bottle: 60

Amount per serving	% Daily Value
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Calories	2.1	**
Calories from Fat	1.6	**

Total Fat	.2 g	<1%
Saturated Fat	.02 g	<1%
Monounsaturated Fat	.02 g	**
Polyunsaturated Fat	.18 g	**
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Sodium	.1 mg	<1%
Total Carbohydrates	.23 g	<1%
Dietary Fiber	.18 g	<1%
Soluble Fiber	.05 g	**
Insoluble Fiber	.18 g	<1%
Sugars	0 g	**
Protein	.18 g	**

Chia Powder	1,100 mg	**
Total Omega-3 Fatty Acids	137 mg	
Total Omega-6 Fatty Acids	46 mg	

** Daily Value Not Established

Also contains trace amounts of the following vitamins and minerals: Vitamin A, Vitamin C, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Biotin, Pantothenic Acid, Calcium, Iron, Phosphorus, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Nickel, Sodium, Potassium.

Other Ingredients: cellulose, gelatin, silicon dioxide, vegetable stearate.

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