

Chia was cultivated by the ancient Aztecs, and was honored as a "power food." Chia is one of the best plant sources of beneficial Omega-3 oils, especially a-linolenic acid (ALA). Scientific Research on Omega-3 and other essential fatty acids (EFA) continues to demonstrate that EFA's support cardiovascular health, comfortable joint mobility, immune system function and overall cellular energy. Chia is often stored for long periods of time as a Survival Food, since it does not quickly turn rancid like other sources of Essential Fatty Acids. Chia is high in vitamins and minerals, such as magnesium, potassium and phosphorous. It contains many antioxidants, including significant levels of caffeic acids, quercetin and flavonols.

Chia is an excellent source of high molecular weight soluble fiber, which supports healthy bowel function. When Chia is mixed into a liquid, it forms a thick mass due to its high content of beneficial mucilages. This slows the digestion of carbohydrates in the digestive system, leading to a feeling of fullness, and reduces the spike in blood sugar that often accompanies the ingestion of carbohydrates.

Nature's Answer's Chia Seed is produced using totally natural growing techniques, which have been used since antiquity to produce this high protein nutritious grain. Chia seeds are 100% vegetarian, gluten-free, Non-GMO and are produced without the use of pesticides.

After opening store in a cool, dry place.



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

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CHIA^{SEED}

Rich In Omega-3

100% Salvia hispanica L.

*** NATURAL HIGH-ORAC ANTIOXIDANTS**

*** VEGETARIAN SOURCED ESSENTIAL FATTY ACIDS**

*** HIGH IN DIETARY FIBER**



Since 1972

DIETARY SUPPLEMENT

NET WT. 16OZ. (454 gr.)



Supplement Facts

Serving Size: 1 Scoop (15g)

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Calories	80	
Calories from fat	45	
Total Fat	5 g	8%*
Saturated Fat	0.5 g	3%*
Monounsaturated Fat	0.5 g	†
Polyunsaturated Fat	4 g	†
Total carbohydrate	6 g	2%*
Fiber	5 g	20%*
Protein	3 g	6%*
Omega 3 Fatty Acids (<i>alpha linolenic acid</i>)	3100 mg	†
Omega 6 Fatty Acids (<i>linoleic acid</i>)	1050 mg	†

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

† Daily Value not established

Ingredients: 100% Chia Seed (*Salvia hispanica L.*)

Suggested Use: Mix one (1) scoop (15g) of Chia seeds into 8 oz. of liquid. Shake or stir briskly for one minute to evenly suspend the seeds. Let mixture settle for 5 minutes to allow seeds to soften, then sip this heart healthy, highest plant source of Omega-3 supplement, which also assists bowel function and regularity. Follow with an additional 8 oz. of clear liquid.

Chia can be liberally sprinkled on all kinds of foods to enhance their nutritional benefits. Try Chia in yogurt, oatmeal, salads, gravy, pudding or in any of your favorite recipes!