

SUGGESTED USE:
As a dietary supplement, take two capsules three times a day with a meal.

KEEP OUT OF REACH OF CHILDREN
Do not use if seal is broken or damaged

STORE IN A COOL DRY PLACE

† 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.

INGREDIENTS: 100% natural whole grain raw Anutra™ (*Salvia hispanica* L). Pesticide free. Other Ingredients; Gelatin, Cellulose

Distributed by: ANUTRA, LLC
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Product of the Americas

00008
1-82592-00008-5

For More Information Visit
www.ANUTRA.com or call 888-532-3297

Anutra is a 100% natural plant supplement with FDA food classification

- 0g TRANS FAT
- 0g SUGAR
- NO STARCH
- NO ARTIFICIAL COLORS
- NO ARTIFICIAL FLAVORS
- SODIUM FREE
- NO WHEAT
- NO CORN
- NO SOY
- NO DAIRY
- YEAST-FREE
- PRESERVATIVE-FREE



**HIGHEST AND SAFEST
NATURAL SOURCE OF
OMEGA-3s
ANTIOXIDANTS
FIBER, COMPLETE PROTEIN AND MORE**

DIETARY SUPPLEMENT



180 OMEGA-3 GEL CAPSULES
NON-GMO CHOLESTEROL FREE GLUTEN FREE



†† ANUTRA ORAC (OXYGEN RADICAL ABSORPTION CAPACITY) HYDRO (UMOLE TE/g) VALUE OF 75 PER GRAM, 340 PER SERVING

Supplement Facts Serving Size: 6 Capsules (4.5g) Servings Per Container: 30

	Amount per serving	% Daily Value		Amount per serving	% Daily Value
Calories	24		Anutra™		
Calories from fat	14		(<i>Salvia hispanica</i> L)	4.5 g	**
Total fat	1.5 g	2%	Amino Acids		
Saturated fat	0.15 g	1%	Alanine	47 mg	**
Trans fat	0 g	**	Arginine	129 mg	**
Polyunsaturated fat	1.2 g	**	Aspartic Acid	83 mg	**
Monounsaturated fat	0.15 mg	**	Cystine	3 mg	**
Cholesterol	0 g	0%	Glutamic Acid	174 mg	**
Total Carbohydrates	2 g	1%	Glycine	50 mg	**
Dietary fiber	2 g	6%	Histidine	20 mg	**
Insoluble fiber	2 g	**	Iso-Leucine	38 mg	**
Soluble fiber	<0.005 g	**	Leucine	72 mg	**
Sugars	0 g	**	Lysine	67 mg	**
Protein	1 g	2%	Methionine	14 mg	**
Vitamin E (as mixed tocopherols)	0.1 IU	0%	Phenylalanine	75 mg	**
Thiamin	0.1 mg	5%	Proline	43 mg	**
Riboflavin	0.01 mg	1%	Serine	60 mg	**
Niacin (vitamin b3)	0.5 mg	2%	Threonine	38 mg	**
Vitamin B 6	0.02 mg	1%	Tryptophan	18 mg	**
Folate (folic acid)	2.3 mcg	1%	Tyrosine	45 mg	**
Biotin	1 mcg	0%	Valine	46 mg	**
Pantothenic acid	0.03 mg	0%	Essential Fatty Acids		
Calcium	23 mg	2%	Omega-3		
Iron	0.3 mg	2%	(alpha-linolenic acid)	900 mg	**
Phosphorus	28 mg	3%	Omega-6		
Magnesium	11 mg	3%	(linoleic acid)	300 mg	**
Zinc	0.2 mg	2%	Omega-9 Fatty Acid		
Selenium	3 mcg	5%	Oleic acid	120 mg	**
Copper	0.1 mg	4%	Phytonutrients		
Manganese	0.1 mg	5%	Lignins	382 mg	**
Chromium	3 mcg	3%	Phenolic compounds	315 mg	**
Potassium	25 mcg	1%	Phytic Acid	71 mg	**

*Percent Daily values are based on a 2,000 calorie diet. **Daily value not established.