

For over 40 years, Vitamin World has pioneered the manufacture of premium nutritional supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness. ***We guarantee it.***



No Artificial Color, Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Soy, **No** Gluten, **No** Yeast, **No** Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

TO REORDER PROD. # **19106**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
 Vitamin World, Inc.
 Ronkonkoma, NY 11779 U.S.A.
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Net Wt. 16 oz. (454 g)

VEGETARIAN DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) to two (2) scoops (15-30 grams) daily, preferably with a meal.

Supplement Facts

Serving Size 1 Scoop (15 g) Servings Per Container about 30

Amount Per Serving	%Daily Value	
Calories	70	
Calories from Fat	40	
Total Fat	4.5 g	7%**
Saturated Fat	0.5 g	3%**
Polyunsaturated Fat	3.5 g	***
Monounsaturated Fat	0.5 g	***
Total Carbohydrate	6 g	2%**
Dietary Fiber	5 g	19%**
Protein	3 g	6%**
Phosphorus	90 mg	9%
Magnesium	44 mg	11%
Manganese	0.42 mg	21%
Potassium	70 mg	2%
Chia Seed (<i>Salvia hispanica</i> L.)	15,000 mg (15 g)	***
which typically contains:		
Alpha-Linolenic Acid (ALA) (Omega-3)	2,655 mg (2.6 g)	***
Linoleic Acid (LA) (Omega-6)	1,005 mg (1 g)	***

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

***Daily Value not established.

Ingredient: Chia Seed.

Chia is quickly becoming one of the most popular natural sources for heart-healthy Omega-3 fatty acids.* This nutrient-rich superfood is from the mint family of plants and makes the perfect addition to your nutritional program.

Each serving of our Chia seed is packed with antioxidants, fiber, minerals and 2655 mg of Alpha Linoleic Acid (ALA)- an essential Omega-3 fatty acid. Fiber is important for the regulation of overall digestive health and may help relieve occasional constipation.* Chia's high content of ALA also makes it one of the best plant sources available for this beneficial nutrient. ALA is important for heart, skin and immune function.*

Just sprinkle a serving of Chia seed onto yogurt, cereal, soups, salads, or any other food you desire. Chia can also be incorporated into your favorite baked recipe - the possibilities are endless!