

Supplies Essential Vitamins, Minerals, Antioxidants, Amino Acids and Omega 3[†]
 Can be added to any food: cereal, soup, salad, yogurt, smoothies, baked goods[†]
 High Fiber content absorbs water making it an excellent source of Hydration[†]
 Known as the 'Running Food' by the Ancient Aztecs[†]
 Promotes Strength and Endurance[†]



OMEGA 3 CHIA

OMEGA 3 CHIA SEED is the richest and only unprocessed, whole food source of pure Omega 3. A member of the mint family, Chia has been used traditionally for thousands of years and by the Ancient Aztecs who prized Chia as an Endurance promoting Superfood. GREENS+ For Healthier, Happier Lives since 1989.TM

Add OMEGA 3 CHIA
 to your favorite
 protein or smoothie
 recipe for a Nutrient-
 rich Superfood Boost!

CHIA FRESCA

1scoop Omega 3 Chia
 Seeds
 12oz chilled Lemonade or
 Limeade

Shake briskly in a Blend
 Bottle for a few minutes
 until seed is suspended.

Enjoy!

HOW TO ENJOY: Simply mix 1 scoop (15g) of Omega 3 Chia with 12oz of lemonade, juice or your favorite beverage. Shake briskly in a Greens Plus BlenderBottle for a few minutes until the Chia seed becomes evenly suspended, then sip for a refreshing, performance-enhancing energy drink. The unique texture of mixed Chia is a feature of its high fiber content and water binding capacity. For maximum benefit, drink 64oz of pure water everyday. One tsp. of Chia seed mixed in 2oz of water becomes the perfect egg substitute. Yes, Omega 3 Chia can be taken more than once per day.

Satisfaction Guaranteed: We stand behind our product 100%. If you are not satisfied in any way, please return container to the place of purchase for a full refund. Omega 3 Chia is filled by weight not by volume settling, may occur. Refrigerate after opening.

Allergy Info: This product contains Chai Seeds and is manufactured in a facility that processes Soy and Dairy. Made in the USA. Omega 3 Chia is a trademark of Omega 3 Chia, LLC.



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MFR

Ancient Seed,
 Powerful New
 Superfood

Rich in Essential
 Fatty Acids,
 Amino Acids
 and Dietary
 Fiber

3.1g Omega 3
 2.5 Protein
 4.2g Fiber

RAW SEED
 Dietary Supplement



non-
 gmo



Vegan

Net Wt. 1.0 lb (454g)



Supplement Facts

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

Amount Per Serving	(% Daily Values)*
Calories 81	Calories from Fat 45
Total Fat 4.9g	8%
Saturated Fat <0.5g	1%
Total Carbohydrate 6.6g	2%
Dietary Fiber 4.2g	16%
Protein 2.5g	4%
Calcium 123mg	13%
Iron 2.5mg	14%
Phosphorus 160mg	20%
Magnesium 59mg	17%
Zinc 1.1mg	9%
Potassium 105mg	3%

100% Organic Chia seed (Salvia hispanicaL.) 15g ‡
 Providing:
 Omega 3 (Alpha-linolenic acid) 3.1g
 Omega 6 (Linoleic acid) 1g [3:1 Ratio]

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
 ‡ Daily Value not established.

Manufactured For: Greens Plus, LLC
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 Toll-Free: 1-800-643-1210 www.greensplus.com
 Certified Organic by: Organic CertifiersSM