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Chia Bonita™

The Seed of Beauty™

Dietary Supplement

The Sacred Aztec Secret To Health And Beauty

- ↪ 5g of Dietary Fiber
- ↪ Ready To Use
- ↪ 3.79g Total Omega Fatty Acids Per Serving



Net. Wt 16 oz (454 g)

Supplement Facts

Serving Size: 2 tablespoons (15g)
Servings Per Container: About 30

Amount Per Serving	%DV
Calories	80
Calories from Fat	45
Total Fat	5 g 7%*
Total Carbohydrate	6 g 2%*
Dietary Fiber	5 g 23%*
Protein	2 g 4%*
Vitamin C	2.4 mg 4%
Niacin (Vitamin B3)	1.6 mg 8%
Calcium	95 mg 9%
Iron	1.5 mg 8%
Phosphorus	142 mg 14%
Magnesium	11.5 mg 3%
Arginine	297 mg **
Isoleucine	104 mg **
Leucine	189 mg **
Lysine	138 mg **
Methionine	13 mg **
Phenylalanine	154 mg **
Threonine	100 mg **
Tryptophan	108 mg **
Valine	158 mg **
Omega-3 Fatty Acid (ALA)	2630 mg **
Omega-6 Fatty Acid (GLA)	860 mg **
Omega-9 Fatty Acid	300 mg **

* Percent Daily Values (DV) are based on a 2,000 calorie diet
** Daily Value not established.

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Manufactured for:
aProvenProduct, 2111
Capstone Ct. Ste. 150
Lexington, KY 40509
www.app-approved.com

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INGREDIENTS: Chia Seed (Salvia Hispanica)

Chia Bonita™ seeds are specially selected for maximum benefits. Grown in the highest altitudes of the Andes Mountains of Argentina, these all-black seeds contain the highest amounts of healthy *Omega-3's*.

The ancient Aztecs and Mayans used chia seeds as a source of sustained energy, and revered it's seemingly mystical powers to stave off hunger for long periods of time.

Today, science recognizes chia seeds ability to support cardiovascular and digestive health†. Thousands swear by their ability to aid in weight loss efforts by curbing hunger and boosting energy†. And because of the altitude and fertile soil where they're grown, no other chia seed can do this as well as **Chia Bonita™**.

Try them today and see why Chia Bonita™ is known as "The Seed of Beauty™".

Certified Kosher and Gluten free.



Suggested Use:

Up to 2 Tbsp daily. Add to yogurt, cereal, smoothies or salads. Seeds soaked in water or tea can be flavored and used as a filling, healthy snack to keep hunger pangs at bay.

†These statements have not been evaluated by the Food and Drug Administration. This product not intended to diagnose, treat, prevent, or cure any disease.

Storage: Keep out of reach of children. Store in a cool, dry place in the original container. Do not expose to excessive heat.