All Natural

Ch- Ch- Ch- Chia®

OMEGA-3™

Chia Seeds

Excellent Source of ALA Omega-3*

Excellent Source of Fiber & Calcium
NOT FOUND IN FISH OIL

ALA Omega-3 Promotes Heart Health
Fiber Promotes Digestive Health
Calcium Promotes Strong Bones

SODIUM & GLUTEN FREE | VEGETARIAN | NO CHOLESTEROL

Chia has been used traditionally for over 3000 years. Ancient Aztec warriors prized Chia as a Superfood. Ch- Ch- Ch- Chia® Omega-3™ Chia Seeds have a neutral flavor. Easily added to food and drinks without altering flavor.

Ch- Ch- Ch- Chia® Omega-3™ Chia Seeds per serving contain as much

ALA Omega-3	Calcium	Fiber	Iron
as Walnuts	as Mozarrella Cheese	as Bran Flakes	as Spinach

* This product contains 5.3g of ALA which is 330% of the Daily Value for ALA (1.6g).
Source: USDA Nutrient Database for Standard Reference

No refrigeration required. Store in dry places.

RECIPE IDEAS: Stir 4 Tbsp. (30g) of the seeds into your favorite drink or smoothie. **Check www.chia.com for recipes.**

Contains 100% Chia Seeds (Salvia Hispanica). ALL NATURAL

CAUTION: If you are pregnant or nursing, taking medication, facing surgery, have bleeding problems or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

From the makers of the Chia Pet®

KEEP OUT OF REACH OF CHILDREN.
customerservice@jeiusa.com
www.chia.com
Ch- Ch- Ch- Chia® Omega-3™ is a registered trademark of Joseph Enterprises, Inc. or registration is pending.
USE ONLY IF SEAL IS NOT BROKEN.

0 21363 23100 9

Chia has been used traditionally for over 3000 years. Ancient Aztec warriors prized Chia as a Superfood. Ch- Ch- Ch- Chia® Omega-3™ Chia Seeds have a neutral flavor. Easily added to food and drinks without altering flavor.

Ch- Ch- Ch- Chia® Omega-3™ Chia Seeds per serving contain as much

Calcium	Fiber	Iron
as Mozarrella Cheese	as Bran Flakes	as Spinach

* This product contains 5.3g of ALA which is 330% of the Daily Value for ALA (1.6g).
Source: USDA Nutrient Database for Standard Reference

No refrigeration required. Store in dry places.

RECIPE IDEAS: Stir 4 Tbsp. (30g) of the seeds into your favorite drink or smoothie. Check www.chia.com for recipes.

Contains 100% Chia Seeds (Salvia Hispanica). ALL NATURAL

CAUTION: If you are pregnant or nursing, taking medication, facing surgery, have bleeding problems or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

From the makers of the Chia Pet®

KEEP OUT OF REACH OF CHILDREN.
customerservice@jeiusa.com
www.chia.com
Ch- Ch- Ch- Chia® Omega-3™ is a registered trademark of Joseph Enterprises, Inc. or registration is pending.
USE ONLY IF SEAL IS NOT BROKEN.

0 21363 23100 9

All Natural

Nutrition Facts

Serving Size: 4 Tbsp. (30g)
Servings per Container: 15

Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 9.5g	**15%**
Saturated Fat 1g	**6%**
Monounsaturated Fat 0.5g	
Polyunsaturated Fat 7.0g	
Trans Fat 0g	
Cholesterol 0g	**0%**
Sodium <0.5g	**0%**
Potassium 210mg	**6%**
Total Carbohydrates 10.5g	**3.6%**
Dietary Fiber 10g	**42%**
Sugars 0g	
Protein 6g	**14%**

Calcium	22%
Iron	18%
Phosphorus	32%
Magnesium	30%
Zinc	6%

* Percent Daily Values based on a 2000 calorie diet.
Not a significant source of trans fat, cholesterol, sodium, sugars, vitamin A or Vitamin C.

Net Wt. 1lb (454g)

Packed in a facility that also packs milk, egg, wheat and soybean products.
Distributed by: Joseph Enterprises, San Francisco, CA 94104