

Chia seed is an unprocessed whole grain food that is derived from the desert plant known as *Salvia hispanica*. Grown in Mexico centuries ago, during the Aztec and Mayan civilizations, chia seeds have been famous for their use in growing chia pets, and are now becoming popular as a healthy addition to one's diet. Chia Seeds are a whole, vegetarian superfood naturally rich in Omega-3 essential fatty acids, dietary fiber, antioxidants, protein and amino acids.[†] Revered as a natural appetite suppressant and offering a comprehensive range of nutrients, vitamins and minerals, this mild tasting seed is a great addition to smoothies, juices, salads and many other recipes.[†] Dating back to ancient Aztec warriors and used today by endurance athletes and health enthusiasts alike, just a spoonful a day is an easy and delicious way to support your digestive health and satiate your appetite.[†]

Easy to use: A versatile addition to many snacks and meals! Chia can be powdered or used whole in various dishes, or added to water, beverages, and other liquids as an easy way to satiate hunger.

Nature's Lab Organic Chia Seeds is certified organic, non-GMO, gluten-free and vegan-friendly. Try chia today and experience the full benefits of this raw superfood.

[†]These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Item No. 11420



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Certified Organic by QAI



ORGANIC CHIA SEEDS

WILDCRAFTED RAW SUPERFOOD



D I E T A R Y S U P P L E M E N T

NET WT 1 POUND (453 g)



Nutrition Facts

Serving Size: 1 Tbsp. (12 g)
Servings Per Container: Approx. 38 (456 g)

	Amount Per Serving	% DV*
Calories	60	
Calories from fat	25 g	
Total Fat	3 g	5%
Saturated Fat	0 g	0%
Polyunsaturated Fat	2.5 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Potassium	65 mg	2%
Total Carbohydrates	5 g	2%
Dietary Fiber	5 g	20%
Sugars	0 g	
Protein	3 g	
Vitamin A		0%
Vitamin C		0%
Calcium		8%
Iron		6%
Magnesium		10%

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Ingredients: Organic Chia Seed.

Free of: Sugar, Salt, Dairy, Eggs, Peanuts, Tree Nuts, Fish, Shellfish, Yeast, Wheat, Soy, Gluten, Titanium Dioxide, Artificial Colors and Flavors.

Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.

Manufactured in a facility that also processes soy, milk, fish and shellfish.

NON GMO, GLUTEN FREE

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