

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. **Your health & safety are our first priority!**

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

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Carefully Manufactured by  
Vitamin World, Inc.  
Ronkonkoma, NY 11779 U.S.A.  
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TO REORDER PROD. # 17015  
[www.vitaminworld.com](http://www.vitaminworld.com)  
1-800-228-4533

**DIRECTIONS:** For adults, take one (1) softgel two times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%**
Saturated Fat	<0.5 g ***
Polyunsaturated Fat	1 g ***
Monounsaturated Fat	0 g ***
Chia Oil ( <i>Salvia hispanica</i> ) (seed) which typically contains:	1,000 mg (1 g) ***
Alpha Linolenic Acid (Omega-3)	600 mg ***
Linoleic Acid (Omega-6)	150 mg ***
Oleic Acid (Omega-9)	50 mg ***

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

\*\*\*Daily Value not established.

**Other Ingredients:** Gelatin, Vegetable Glycerin, Natural Caramel Color.

Chia Oil is ideal for anyone looking for a non-fish source of essential omega fatty acids for health and wellness.\* The Omega-3s in Chia Oil support heart and skin health.\*