

ESTD 1989



Organic

CHIA SEED

**PREMIUM SUPERFOOD
TO FUEL YOUR ACTIVE
LIFESTYLE**

**Vegan Omega-3 Fatty Acids
Antioxidants • Fiber**



NET WT.
12 oz / 340 g

Super Antioxidant

2,140 mg Omega-3 (ALA) / 4 g Fiber / 2 g Protein

Barlean's Organic Chia Seeds are a whole, vegan superfood high in Omega-3 (ALA) essential fatty acid with dietary fiber, antioxidants, protein and amino acids. These tiny but powerful seeds offer a range of vitamins and minerals and are a great addition to smoothies, juices, salads and many other recipes.

Certified Organic and Non-GMO Project Verified, just a spoonful a day is an easy and delicious way to support your digestive health and satiate your appetite.*

SUGGESTED USE: Sprinkle into oatmeal, smoothies, juices, salads and yogurt to add flavor and texture – or enjoy straight from the bag.

To ensure freshness, refrigerate after opening.

**LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:**

barleans.com

800/445-3529

Barlean's Ferndale, WA 98248

Certified Organic by QAI

US-ORG-050



PRODUCT OF NORTH, SOUTH
AND CENTRAL AMERICA.

Nutrition Facts

Serving Size 1 Tbsp (12 g)

Servings Per Container 28

Amount Per Serving	
Calories 60	Calories from Fat 35
% Daily Value*	
Total Fat 3.5 g	5%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium 50 mg	1%
Total Carbohydrate 5 g	2%
Dietary Fiber 4 g	16%
Sugars 0 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 6%
Phosphorus 10%	Magnesium 10%
Selenium 10%	Manganese 15%

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

INGREDIENTS: Organic Chia seeds.



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

**FRESHNESS AND POTENCY
GUARANTEED THROUGH:**