

RAW ORGANIC CHIA SEEDS

Chia seeds are an ancient food staple, dating back to the time of the Aztecs, Incans and Mayans. They are a good source of dietary fiber, with 16% of your daily-recommended intake in just one serving! Fiber-full foods like chia seeds help to support healthy digestion and also help you feel fuller for longer after eating. The chia seeds' amazing nutritional profile also includes omega fatty acids, essential minerals, and protein.†

Raw

Organic

Vegan

Non-GMO

Gluten Free

BENEFITS:

Digestion, heart health.†

SUGGESTED USE:

Sprinkle one tablespoon (1 scoop) into oatmeal, granola, cereal or yogurt. Chia seeds also work as a flour substitute, and can be ground and used to make baked goods.



Visit www.bareorganics.com for great recipes and ideas.

†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.

bareorganics

Superfoods to nourish your life.

RAW ORGANIC



CHIA SEEDS

- good source of fiber
- omega fatty acids
- minerals

NET WT 16 OZ (454g)



Nutrition Facts

About 38 servings per container

Serving size **1 Scoop (12g)**

Amount per serving
Calories 60

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.38g **2%**

Trans Fat 0g

Polyunsaturated Fat 2.8g

Monounsaturated Fat 0.25g

Cholesterol 0g **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 5g **16%**

Total Sugar 0g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Omega 3 fatty acid 2106mg **

Omega 6 fatty acid 694mg **

Vitamin D 0mcg 0% • Calcium 75.7mg 6%

Iron 1.2mg 6% • Potassium 19.2mg 0%

Phosphorus 114mg 10% • Manganese 0.26 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. **No % DV established.

Ingredients: Organic Chia Seeds. **Botanical Source:** Salvia hispanica.

Note: Silica packet included to help maintain freshness. Do not consume.

This container is reusable,
100% recyclable, microwave
and top shelf dishwasher safe.



#12569 • A18

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Certified Organic by: A Bee Organic

Warning: if you are pregnant or lactating, consult a health care professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place away from sunlight and moisture. Do not use this product if tamper evident tab has been removed or is broken.