

HEALTH RANGER SELECT

PERSONALLY SELECTED & RECOMMENDED BY MIKE ADAMS, THE HEALTH RANGER

ORGANIC CHIA SEEDS

The Chia Seed is an amazing food. When you hydrate the seeds in water, the seed's shell opens up and absorbs up to nine times its volume in water. This then forms a gel, which is called Chia Seed Gel. The gel is 90% soluble fiber, which may be beneficial for your digestive tract. Many people say that they use the seeds to support endurance when they are involved in sports or physical activities.

Ingredient: 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.

Manufactured in a facility which may contain nuts (peanuts, tree nuts).

Distributed by:



HEALTH RANGER STORE
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1-888-959-6415 (USA & CANADA)
307-222-0422
HEALTHRANGERSTORE.COM

Certified Organic by Natural Food Certifiers, Inc.



Nutrition Facts

37 servings per container

Serving size 0.4 oz (12 g)

Amount per serving

Calories 46

% Daily Value*

Total Fat	4.1g	6%
Saturated Fat	0.4g	2%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	2.2mg	0%
Total Carbohydrate	4.5g	2%
Dietary Fiber	4.1g	17%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	2.5g	5%
Vitamin D	0mcg	0%
Calcium	92.4mg	9%
Iron	0.9mg	5%
Potassium	48.8mg	1%

*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.



NET WT. 16 OZ (454 G)

