

HEALTH RANGER SELECT

PERSONALLY SELECTED & RECOMMENDED BY MIKE ADAMS, THE HEALTH RANGER

100% ORGANIC BLACK 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: 100% Organic Black 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 diseases.

If pregnant or under a doctor's care, consult your physician before using this product. Do not use if safety seal is broken. Keep out of reach of children.

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

Distributed by:

HEALTH RANGER STORE
3820 CENTRAL AVE. #109
CHEYENNE, WY 82001
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 0.4oz (12g)

Amount per serving

Calories **58**

% Daily Value*

Total Fat 3.7g	6%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5.1g	2%
Dietary Fiber 4.1g	17%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 75.7mg	8%
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.



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Product of Bolivia

NET WT. 16oz (454g)