

A RICH NATURAL SOURCE
OF OMEGA FATTY ACIDS!

- Plant based Omegas so no fishy after taste!
- 1500 mg of chia oil per serving!
- Good for your hair, skin, and nails

RUNNING FOOD CHIA SEED OIL
IS THE NEWEST MEMBER
OF THE RUNNING FOOD TRIBE!

ALSO TRY:

- Running Food Micro-Milled Chia Seed
- Running Food Whole Chia Seed

PACKAGED BY NATURE'S CHEMISTRY, LLC
SKANEATELES, NY 13152



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RUNNING FOOD™
Chia Seed Oil



CHIA OIL
SOFT GELS
A DIETARY SUPPLEMENT
120 SOFTGELS

Supplement Facts

Serving Size: 3 softgels

Servings Per Container: 40

Amount Per Serving	% Daily Value	
Calories	15	
Calories From Fat	15	
Total Fat	1.5 g	2%*
Chia Seed Oil	1.5 g	**
Omega-3 Fatty Acids	900 mg	**
Omega-6 Fatty Acids	300 mg	**

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

** Daily Value not established

Other Ingredients: Gelatin, glycerin, purified water,
mixed tocopherols.

Suggested Use: Take 3 softgels daily
Store in a cool, dry place away from
light and heat

www.runningfood.com