

Sanar®
NATURALS
DIETARY
SUPPLEMENT

ALL
NATURAL
OMEGA 3 &
OMEGA 6
GLUTEN FREE
NON-GMO

ORGANIC CHIA SEED SUPERFOOD

SALVIA HISPANICA

NET WT. 10oz (283g)

TO ENSURE FRESHNESS AFTER OPENING, KEEP REFRIGERATED OR STORE IN FREEZER. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.

What's inside Sanar's Organic Chia Seed Superfood?

Brimming with Omega 3
Per Serving Chia seeds provide
3 grams Omega-3
1 gram Omega-6

Chia Seeds Support/Promote:

- *Healthy Heart
- *Loss Weight
- *Natural Energy Food
- *High Antioxidants
- *Good Mental Health
- *Improve Endurance in Athletes
- *Healthy Skin & Hair
- *Healthy Immune System
- *Benefits for Diabetes
- *Cardiovascular Health
- *Healthy Weight Loss
- *Joint Function & Mobility

Product Quality

- *Vegan
- *Gluten Free
- *NON-GMO
- *Kosher



Supplement Facts

Serving Size: 1 Tbsp (14g)
Servings per Container: approx. 20

Calories 66 Calories from Fat 36

Amount per serving	% DV*
Total Fat.....4g	6%
Saturated Fat.....0g	
Trans Fat.....0g	
Cholesterol.....0mg	0%
Sodium.....0.5mg	0%
Total Carbohydrates.....5.5g	1%
Dietary Fiber.....4.8g	18%
Sugar.....0g	0%
Protein.....4g	
Omega-3 (alpha-linolenic acid) 3g	
Omega-6 (linolenic acid).....1g	
Vitamin A 0% • Calcium 10% • Vitamin C 0% • Iron 8%	

*Percent Daily Value are based on a 2000 calorie diet
Your daily values may be higher or lower depending on your calorie needs.

INGREDIENT: Chia Seed (Salvia hispanica L.)

DIRECTIONS: We recommend eating Two tablespoons (20g) daily! Add to almost any food or mix Chia Seeds with liquid at a 9 to 1 ratio to form a gel. Consume chia gel directly or add it to virtually any food like smoothies, oatmeal, muffins, sauces, salads, yogurt. Possibilities are endless!

Chia Seed served as the power food of the ancient Aztec's, and according to Spanish manuscripts, the Aztecs ate the seeds of this semitropical plant to improve their endurance. They called it their "running food" because messengers could purportedly run all day on just a handful. The Aztecs prized this grain more highly than gold and they even used it as medicine. In Modern day Chia has been great source of Omega 3 & 6 and perfect for Diabetic and Gluten Free Diets.

*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.

Distributed by:
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