

# The Most Nutrient Rich Whole Food Source in the World!

Omega3 Chia is rich in:

|                                           |                                  |
|-------------------------------------------|----------------------------------|
| *Omega-3 fatty acids                      | *Protein (biologically complete) |
| *Phosphorus                               | *Iron                            |
| *Calcium                                  | *No trans-fat                    |
| *Potassium                                | *Low in saturated fat            |
| *Magnesium                                | *Zinc and more                   |
| *Antioxidants (30% more than blueberries) |                                  |

Omega3 Chia is:

|                                                     |                            |
|-----------------------------------------------------|----------------------------|
| *Gluten free                                        | *Low glycemic index        |
| *Naturally grown                                    | *Great for weight loss     |
| *Certified Kosher                                   | *Low Carbohydrates         |
| *No Sugar                                           | *Pesticide, herbicide free |
| *Non-GMO                                            | *Excellent for hydration   |
| *Meets Vegetarian/Vegan requirement *No cholesterol |                            |

Yes, it is the same seed that grows on the "Chia Pet". Chia seed was one of the main components of the Aztec diet for over 3500 years. Aztec Warriors subsisted on chia seed during their battles and hunting expeditions, eating as little as a small handful in 24 hours. It is a high energy food and all you need is water. Our scientists selected the variety that was the highest in omega 3, antioxidants, fiber and other necessary nutrients. Omega 3 Chia's soluable fiber forms a gel that slows the absorption of sugar/carbohydrates into the blood stream. This makes it a low glycemic food.

## Suggested Use:

Add a scoop (11.2g) of Omega3 Chia milled flour to any of your favorite foods (cereal, yogurt, baked goods, burgers, pizza, soups, salads and more) to enhance nutrition without altering the taste. Stir into your favorite juice or beverage (hot or cold) and watch as the chia milled flour hydrates forming a thickened or smoothie like texture.

For more information/recipes, go to [www.omega3chia.com](http://www.omega3chia.com).



 **RESEARCHED PRODUCTS**  
Dietary Food Supplement • Net Wt. 12oz (340g)

## Nutritional Facts

Serving Size: 1 Scoop (11.2g)  
Servings Per Container: 30

| Amount Per Serving                   | (% Daily Values)*    |
|--------------------------------------|----------------------|
| Calories 60.75                       | Calories from Fat 33 |
| Total Fat 3.6 g                      | (6%)                 |
| Saturated Fat 0.37g                  | (.75%)               |
| Trans Fat 0g                         |                      |
| Omega-3 (Alpha-Linolenic Acid) 2.25g |                      |
| Omega-6 (Linoleic Acid) .75g         |                      |
| Cholesterol 0g                       | (0%)                 |
| Sodium 0.3mg                         | (0%)                 |
| Carbohydrates Available 0.75g        | (0%)                 |
| Dietary Fiber 4.5g                   | (24%)                |
| Sugars 0g                            |                      |
| Protein 2.3g                         | (4.5%)               |

Calcium 80.25mg (8.25%) • Potassium 78.5mg (2.25%) • Iron 2mg (9.7%)  
Magnesium 44.25mg (1.25%) • Zinc 0.3mg (2.25%) • Phosphorus 120mg (12%)

\*Percent Daily Values based on a 2000 calories diet.

Ingredients: 100% Milled Chia flour (*Salvia Hispanica*-L.)

Omega3 Chia® is a registered trademark of Nutraceutical Holdings, LLC

Manufactured and Distributed by:

**Omega3 Chia**

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[nsrinews.org](http://nsrinews.org)

This label guarantees that the Chia seed is grown under the highest safety and purity standards, in harmony with the environment, ensuring a safe, high quality nutritional product for you and your family.

A Quality Certified Company  
that carefully selects  
its seed under  
GAP, HACCP, GMP  
Standards



\*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.