

HERBAL SECRETS™ Organic Chia Seeds are a nutrient-dense superfood rich in omega-3 fatty acids, protein, fiber, antioxidants and other essential vitamins and minerals. Organic Chia Seeds are one of nature's richest antioxidants, helping to prevent free radical activity, premature skin aging and supports overall cardiovascular health.* The high fiber concentrations in Organic Chia Seeds supports healthy glucose levels, and promotes regular bowel movements.* Organic Chia Seeds supports endurance and promotes energy production, making it a great snack before or after workouts.*

SUGGESTED USE: Enjoy Organic Chia Seeds right out of the bag by adding 1 to 2 tablespoons to your favorite foods and drinks. Sprinkle Organic Chia Seeds over oatmeal and yogurt or add them to smoothies, salads and granola for a filling snack. Bake ground chia seeds into cookies, muffins, breads or homemade granola. The possibilities are endless! Organic Chia Seeds can be added to your favorite foods for added protein and texture.

CAUTION: For adults only. Take this product as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you ever had esophageal narrowing or swallowing difficulties. Consult physician if pregnant, nursing, taking medication(s), or have a medical condition. **KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

* 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.



NATURAL DIETARY SUPPLEMENT

Organic Chia Seeds

Nutrient-Dense Non-GMO Superfood

- Rich in Omega-3 Fatty Acids, Protein, Fiber, Antioxidants & Other Essential Vitamins
- Supports Energy Production*
- Promotes Overall Health & Well-being*



NET WT. 1 LBS (16 OZ)

37 SERVINGS

Nutrition Facts

Serving Size 1 Tablespoon (12 g)
Serving Per Container Approximately 37

		Amount Per Serving	% DV*	
Calories		60		
Calories from Fat		35		
Total Fat		4 g	6%*	
Saturated Fat		0 g	0%	
Trans Fat		0 g		
Omega-3 Polyunsaturated		2.5 g		
Omega-6 Polyunsaturated		0.8 g		
Cholesterol		0 mg	0%	
Sodium		0 mg	0%	
Potassium		60 mg	2%	
Total Carbohydrate		5 g	2%	
Dietary Fiber		4 g	16%	
Sugars		0 g		
Protein		2 g		
Vitamin A	0%	●	Vitamin C	0%
Calcium	5%	●	Iron	7%

*Percent Daily Values are based on a 2,000 calorie diet
**% Daily Value (DV) not established

INGREDIENT: Certified Organic Whole Chia Seeds (Salvia hispanica)

RAW

VEGAN

GLUTEN FREE



Manufactured for & Distributed by
HERBAL SECRETS™
629 Grove Street
Jersey City, NJ 07310
Certified Organic by:
Natural Food Certifiers