

High Altitude CHIA™

Dietary Supplement

The Sacred Aztec Secret to Health and Beauty

- ↪ 4.5g of Dietary Fiber
- ↪ Ready to Use
- ↪ 3.5g Total Omega Fatty Acids per Tablespoon



Net wt. 12 oz (340g)



Nutritional Facts

Serving Size: 1 Heaping Tablespoon (12g)
Servings Per Container: About 28

	Amount Per Serving	% Daily Value*
Calories:	58.54	
Calories from Fat:	37	
Total Fat	4 g	6%
Saturated Fat	0.5 g	2%
Trans Fat	0 g	
Omega-6 Polyunsaturated	1 g	
Omega-3 Polyunsaturated	2.5 g	
Monounsaturated	0.5 g	
Cholesterol	0 mg	0%
Sodium	1 mg	Less than 1%
Potassium	62.5 mg	2%
Total Carbohydrate	5.0 g	Less than 1%
Dietary Fiber	4.5 g	18%
Sugars	0.5 g	
Protein	2.5 g	5%
Calcium	75.7 mg	6%
Iron	0.7 mg	4%
Thiamin (Vitamin B1)	0.5 mg	5%
Niacin (Vitamin B3)	1 mg	5%
Folate	8.5 mcg	2%
Vitamin B12 (Cyanocobalamin)	0.5 mcg	Less than 1%
Phosphorus	75 mg	7%
Magnesium	35 mg	9%
Manganese	0.30 mg	16%

Contains less than 2% of the recommended Daily Values* of Vitamin A and Vitamin C.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.



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Manufactured for:
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High Altitude CHIA™

INGREDIENTS: Chia Seed (*Salvia Hispanica*)

High Altitude Chia™ is grown in the Tepozteco Mountains of Cuernavaca, Mexico. Surrounded by legendary volcanoes that have been considered mythical sources of energy for thousands of years, Cuernavaca is home to some of the most fertile soil on earth.

The ancient Aztecs and Mayans used chia seeds as a source of sustained energy, and revered its seemingly mystical powers to stave off hunger for long periods of time.

Today, science recognizes chia seeds ability to support cardiovascular and digestive health*. Thousands swear by their ability to aid in weight loss efforts by curbing hunger and boosting energy*. And because of the altitude and fertile soil where they're grown, no other chia seed can do this as well as High Altitude Chia™.

Certified Kosher and Gluten free.



Suggested Use:

Up to 2 Tbsp daily. Add to yogurt, cereal, smoothies or salads. Seeds soaked in water or tea can be flavored and used as a filling, healthy snack to keep hunger pangs at bay.

†These statements have not been evaluated by the Food and Drug Administration. This product not intended to diagnose, treat, prevent, or cure any disease.

Storage: Keep out of reach of children. Store in a cool, dry place in the original container. Do not expose to excessive heat.