

Supplement Facts

Serving Size 1 Scoop (15 g)
Servings Per Container about 30

Amount Per Serving		%Daily Value
Calories	85	
Calories from Fat	50	
Total Fat	5.5 g	8%**
Saturated Fat	0.5 g	3%**
Polyunsaturated Fat	3.5 g	***
Monounsaturated Fat	0.5 g	***
Total Carbohydrate	6 g	2%**
Dietary Fiber	4 g	17%**
Protein	3 g	6%**
Phosphorus	93 mg	9%
Magnesium	43 mg	11%
Manganese	0.4 mg	20%
Potassium	75 mg	2%
Chia Seed (<i>Salvia hispanica</i> L.)	15,000 mg (15 g)	***
which typically contains:		
Alpha-Linolenic Acid (ALA) (Omega-3)	2,250 mg (2.25 g)	***
Linoleic Acid (LA) (Omega-6)	525 mg	***
Oleic Acid (Omega-9)	75 mg	***

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

***Daily Value not established.

Ingredient: Chia Seed.

Sundown
Naturals®

OMEGA-3

Chia Seed

A Good Source of Fiber

**Supports Heart and
Digestive Health***

Provides Omega-3 Fatty Acids



VEGETARIAN FORMULA

NET WT. 16 OZ. (454 G) DIETARY SUPPLEMENT

Smart
Facts

Chia seeds provide a vegetarian source of the heart healthy omega-3 and omega-6 fatty acids, Alpha Linoleic Acid (ALA) and Linoleic Acid (LA)*. Chia is also a good source of fiber, which is important for the regulation of overall digestive health.*

*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.

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SCOOP (15 GRAMS) TWO TIMES DAILY, PREFERABLY WITH MEALS. Take with plenty of fluids. As a reminder, discuss the supplements and medications you take with your health care providers.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at www.sundownnaturals.com

Manufactured by REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA



FREE OF
Gluten &
Wheat



PLEASE
RECYCLE



01A B19106 DAC ©2013

Prod. No. 51573



0 30768 51573 7