

# Absolute Chia™

**Super Food from the Aztecs  
100% Organic Whole Chia Seeds  
Chia - Salvia hispani - Kosher**



**CAOH**  
Lopez Island, WA®



**Net Weight 8 oz ~ 227 g**

**Absolute Chia Seeds™** are 100% organic and in their pure & natural state - nothing more! Used by the Aztecs, Mayans, and Incans as a staple food along with corn and beans, chia seeds are seeing a large resurgence in the health food community due to their rich nutritional profile. Chockful of natural healthy omega fats, protein, antioxidants, and dietary fiber, this little chia seed has come a long way as is now thought of as a super food.

Only sustainable and ethical harvesting practices are used by our chia growers. CAOHA® supports eco-education and ethical business opportunities involving the natural resources of Mexico and South America.

This is a single ingredient product that is raw, gluten-free, kosher, vegan, and 100% organic.

**Suggested Serving:** 2 Tablespoons (15g)

**Usage Tips:** Simply sprinkle these mildly nutty seeds in with your breakfast bowl, mix into a salad dressing or dip, or soak them in water or juice to form a gel and use as natural thickening agent for soups and other recipes.

**Warning:** Please discard the inedible freshness packet.

100% organic Chia Seeds from Mexico  
Packaged in the USA

**Certified Organic by Organic Certifiers**

**California Academy of Health**

Phone: 800-643-7188 Web: [www.caoh.com](http://www.caoh.com) Email: [info@caoh.com](mailto:info@caoh.com)

## Nutrition Facts#

Serving Size: 15 grams

Servings Per Bag: 15

Calories: 70

Calories From Fat: 40

	Amount Per Serving	% Daily Value
Total Fat	4.5 g	7%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Sodium	0 mg	0%
Total Carbohydrates	7 g	2%
Dietary Fiber	6 g	24%
Sugars	0 g	**
Protein	3 g	**

Vitamin A 0% - Vitamin C 4%

Calcium 10% - Iron 8%

\*\* Percent Daily Value Not Established and Based on a 2000 Calorie Diet.

# 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.

INGREDIENTS: 100% organic Chia Seeds  
(Salvia hispanica)



8