

NATURE'S BEST KEPT SECRET!

At **HERBAL SECRETS®**, we are committed to bringing you the gift of herbal supplements in their purest form, just as Mother Nature intended.

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 medications, 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

12G
PER SERVING



76
SERVINGS

NET WT. 2 LB (907 G)

Nutrition Facts

76 servings per container	
Serving size	1 tbsp (12g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 4g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Omega-3 Polyunsaturated Fat 2.5g	
Omega-6 Polyunsaturated Fat 0.8g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	16%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	5%
Iron 1.26mg	7%
Potassium 60mg	2%

*Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENT: Certified Organic Whole Chia Seeds (*Salvia hispanica*)

WARNING: This product can expose you to chemicals including Lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.

RAW

VEGAN

GLUTEN FREE



Manufactured for & Distributed by:
HERBAL SECRETS®
An FDA Regulated Facility
190A Jony Drive, Carlstadt, NJ 07072, USA
Certified Organic by: Natural Food Certifiers



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PRODUCT CODE
27809

