

HEALTH FROM THE
SUN

100% VEGETARIAN

DIETARY SUPPLEMENT

**RAW
CHIA SEED**

**OMEGA-3
FIBER
LIGNANS**

**Complete Protein
Plus Antioxidants**

OMEGA-3 2,400 MG

NET WT. 9.5 OZ (269.3 g)

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

Directions: Use only as directed. Take one heaping tablespoon one to two times per day with liquid or mixed with food. Keep out of sunlight. Store in a cool, dry place.

Supplement Facts

Serving Size 1 Tbsp. (12 g)
Servings Per Container About 22

	Amount Per Serving	% Daily Value
Calories	40	
Calories from Fat	35	
Total Fat	4 g	6%†
Saturated Fat	0.5 g	3%†
Total Carbohydrate	4 g	1%†
Dietary Fiber	4 g	16%†

	Amount Per Serving	% Daily Value
Protein	2 g	4%†
Whole Chia Seed (<i>Salvia hispanica</i> L.)	12 g	*
-- Alpha Linolenic Acid (omega-3)	2,400 mg	*
-- Linoleic Acid (omega-6)	780 mg	*
-- Oleic Acid (omega-9)	190 mg	*

†Percent Daily Value based on a 2,000 calorie diet.

*Daily Value not established.

Other Ingredients: None.

Discussion: Chia is an ancient superfood, containing **gluten-free fiber**, heart-healthy **omega-3**, plant **lignans** and complete protein. Chia provides trace amounts of the following naturally-occurring essential minerals: **calcium, iron, phosphorus, magnesium** and **potassium**. It has an ORAC value (antioxidant activity) comparable to fresh blueberries, on a gram for gram basis. With its ability to absorb water, chia also promotes hydration and a feeling of satiety.

Enjoy the light texture and mild flavor of **Health From The Sun® Raw Chia Seed** by sprinkling it on your favorite hot or cold foods, or stir into a beverage of your choice.

Rigorously **quality** tested to guarantee **purity, potency** and **truth-in-labeling**.

Product of Bolivia

Mfd. by NutraPure, Inc.

www.reachforlife.com

Comments or Questions:

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