

OPTIMUM STRENGTH OMEGA 3 AND 6

Nutrition Facts

Serving Size: 2 Capsules
Serving Per Container: 45

Ingredients	Amount Per Serving
Organically Grown Pure Black Chia Seed	1200 mg
Total Fat	.724 g
Saturated Fat	.036 g
Omega 6-linoleic Acid	92 mg
Omega 3-Linoleic Acid	248 mg
Cholesterol	0
Calories	0
Carbohydrates	450 mg
Total Fiber	406 mg
Soluble Fiber	42 mg
Insoluble Fiber	366 mg
Protein	254 mg
Sodium	1 mg

Distributed by: Health Support Inc.
Farmingdale, NY 11735
www.healthsupportyou.com

No Sugar
No Preservatives
Pesticide Free
Gluten Free
No GMO



Health Support

MEGA CHIA SEED

GENTLE
COLON REGULARITY
NATURAL INTESTINAL CLEANSE

WHOLE FOOD
NUTRITION

90 Capsules

1200 mg

HIGH FIBER • STRONGER THAN FLAXSEED

Directions: Adults take 2 capsules 3 times per day with 10-12 oz. glass of water before each meal.

Description: Health Support's organically grown Chia Seeds contain the richest concentration of Omega 3-6. A superior source of anti-oxidants, minerals and fiber. Four times more fiber than Flaxseed.[†]

Weight Loss Benefits: The fiber content in Chia Seeds may induce weight loss by giving you the feeling of fullness. It slows down the conversion of carbohydrates into sugar, helpful in leveling blood sugar.[†]

Energy Benefits: Chia Seeds have been called "Indian Running Food", supporting strength, endurance and a surge of energy. Advantages of Health Support Pure Mega Chia Seed™; A Natural Intestinal Cleanse.[†]

CHEMICAL FREE
NOT TESTED ON ANIMALS

NOTE: NOT FOR USE OF INDIVIDUALS UNDER THE AGE OF 18
CONSULT YOUR PHYSICIAN BEFORE TAKING MEGA CHIA SEED™,
IF YOU ARE PREGNANT, NURSING, TAKING MEDICATION OR
HAVE A KNOWN MEDICAL CONDITION.

[†]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.