



chia seeds (raw-organic)

Suggested Use: Sprinkle into oatmeal, granola, cereal or yogurt. Chia seeds also work as a flour substitute and can be used to make baked goods.

graines de chia (brutes-biologiques)

Suggestion d'utilisation: Saupoudrez sur vos céréales ou yaourts. Les graines de Chia fonctionnent également très bien comme substitut de farine et peuvent être utilisées dans la préparation du pain.

semi di chia (integrali-biologici)

Uso Raccomandato: Usare in farina d'avena, cereal o yogurt. I semi di chia sono anche usati come alternativa a farina e per la preparazione di dolci da forno.

chiasamen (roh-biologisch)

Empfohlene Anwendung: Geben Sie die Chiasamen über Ihre Haferflocken und Müsli oder in Ihren Joghurt. Sie können mit Chiasamen backen und diese sogar als Mehlersatz verwenden.

semillas de chia (crudas-orgánicas)

Uso Sugerido: Espolvorear en avena, granola, cereal o yogurt. Las semillas de chia también se pueden utilizar como sustituto de harina y para hacer productos horneados.

sementes de chia (integrals-orgânicos)

Sugestão de Uso: Polvilhe em farinha de aveia, granola, cereal ou iogurte. As sementes de chia podem funcionar também como um substituto da farinha e pode ser usado para fazer produtos de panificação.

BIOVEA®

RAW-ORGANIC CHIA SEEDS

excellent
source of
protein
and fibre

450 GRAMS
Dietary Supplement



Supplement Facts

Serving Size: 1 Tablespoon (15g)

Servings Per Container: Approx. 30

	Amount Per Serving	% DV*
Calories	70	
Calories from Fat	40	
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	7g	2%
Dietary Fibre	6g	24%
Sugars	0g	
Protein	3g	

*Percent Daily Values based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients: Certified organic chia seeds (*salvia hispanica*).

Allergen Information: Packaged in a facility that also handles tree nuts.