

More ALA Omega-3 than fish or flax. Chia seeds may be one of the richest natural sources of ALA Omega-3s on the planet. They're a more sustainable source, too. Chia seeds, a gift from the Creator, are known to be a vital source of nourishment. Chia seed Omega-3s support a healthy Omega-3-to-6 ratio, helping to balance the typical excess Omega-6 in modern foods.*

CHIA OMEGA[®] + Vitamin D₃ is one of the world's first products to combine cold-pressed Chia seed oil with highly bioavailable Vitamin D₃. Known to support both bone health and healthy mood*, Vitamin D₃ is a synergetic addition to our Omega-3s, which support joint comfort and mental cognition.*

- FISH FREE - NO after-taste or fishy burps
- Sustainable source



Good for You, Good for the Planet.[™]
Learn more at www.EssentialFormulas.com

MADE
IN THE
U.S.A.

* 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.

Essential Formulas Incorporated
Post Office Box 166139
Irving, TX 75016-6139, USA
972-255-3918 • www.EssentialFormulas.com

ESSENTIAL FORMULAS[™]

CHIA OMEGA[®] + D₃

CHIA-3

PROMOTES BONE HEALTH AND JOINT COMFORT*
SUPPORTS HEALTHY COGNITION AND MOOD*

ESSENTIAL FATTY ACID (EFA) • NATURE'S ALTERNATIVE TO FISH OIL[™]
DIETARY SUPPLEMENT • 60 VEGETARIAN SOFTGELS

Supplement Facts

Serving Size 2 Softgels Servings Per Container 30

Amount Per Serving % Daily Value**

Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Vitamin D3 (cholecalciferol)	1,000 IU	250%
Omega 3 Fatty Acid		
Alpha Linolenic Acid (ALA)	1,050 mg	†
Omega 6 Fatty Acid		
Linoleic Acid (LA)	308 mg	†
Omega 9 Fatty Acid		
Oleic Acid (OA)	108 mg	†

† Daily Value not established

** % Daily Values are based on a 2000 calorie diet

Ingredients: Expeller-pressed Chia (*Salvia hispanica* L.) seed oil with mixed tocopherols, modified food starch (non-GMO), vegetable glycerin, purified water, sorbitol, carrageenan, cholecalciferol. **Suggested Use:** Take 2 softgels daily, with or without food.

Keep out of reach of children. If you are pregnant, nursing, on medication or have any medical condition consult a qualified health care professional before using this product or any other dietary supplement.

EXPIRATION DATE

LOT

