

Suggested Usage: 1 tbsp (12 g) per day.

Sprinkle or mix ChiaFactors® with your favorite food or beverage. ChiaFactors® can be eaten straight out of the container or added to hot and cold cereals, yogurts, fruits, salads, soups, sauces, smoothies or green drinks. Bake and cook with ChiaFactors® in your favorite recipes such as pancakes, breads, cookies, muffins, soups or anything else you desire to improve taste and nutrition.

*The oxygen radical absorbance capacity (ORAC) test has become one of the standard methods to measure antioxidant properties in foods. The higher the ORAC value, the higher the antioxidant activity.

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial preservatives, color or sweeteners; no corn, dairy, gluten, soy, starch, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place. Keep out of reach of children.

PRODUCT OF ARGENTINA

Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

Certified Organic by QAI

 Recyclable container and label.



**Purity & Potency
Guaranteed**

100% ORGANIC ChiaFactors® WHOLE FOOD NUTRITION

100% Pure Chia Seeds

One serving of ChiaFactors® provides:

- ✓ 2.3 g omega-3 EFAs
- ✓ 2 g complete protein
- ✓ 80 mg calcium
- ✓ 4 g dietary fiber
- ✓ 960 ORAC value*
- ✓ 32 mg magnesium

NON-GMO · GLUTEN FREE · 12.7 oz. (360 g)



Supplement Facts

Serving Size 1 Tbsp (12 g)

Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	60	
Calories from Fat	30	
Total Fat	3.5 g	5%†
Saturated Fat	0.5 g	3%†
Total Carbohydrate	4 g	2%†
Dietary Fiber	4 g	16%†
Protein	2 g	4%†
Calcium	80 mg	8%
Iron	1.8 mg	10%
Phosphorus	60 mg	6%
Magnesium	32 mg	8%
Zinc	0.6 mg	4%
Manganese	0.2 mg	10%
Organic Chia Seeds	12 g	**
Omega Fatty Acids	3100 mg	**
ALA (Alpha Linolenic Acid) (Omega-3)	2300 mg	**
LA (Linoleic Acid) (Omega-6)	800 mg	**

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

** Daily Value not established.

Other ingredients: None.

LOT & EXPIRY
0 6875 x 0 4375
Double Line

