

- Gluten-Free
- No Preservatives
- Stay-Fresh Pouch

Ultimate CHIA/life™

Source of Omega-3 EFAs

100% Premium Chia Seed

- 5g Fiber per Serving
- 6 Concentrated Antioxidants
- Higher Protein Quality than Soy

EAT right out of the bag

ADD to casseroles & baked goods

SPRINKLE on cereal, yogurt & salads

STIR into beverages, soups & sauces



RENEW LIFE®
The Digestive Care Company

DIETARY SUPPLEMENT
Net Wt. 12oz. (340g)

zipper

Resealable Stay-Fresh Pouch

Ultimate CHIA/life™ ANCIENT GRAIN OF THE FUTURE

Prized more highly than gold by the mighty Aztecs, Chia is a nutrient-dense super seed with remarkable levels of nutrition. In addition to its high fiber content, Chia is the richest known vegetable source of Omega-3 fatty acids. It has 3X the antioxidants of blueberries, more calcium than milk, more iron than spinach, is a better protein source than beans or soy, and more!*

Chia's pleasant, nutty flavor is a perfect addition to beverages, soups, sauces or baked goods. Sprinkle it on cereal, yogurt or salads.

Enjoy right out of the bag for a fiber boost anytime.*

Ultimate CHIA/life uses organically grown and sustainably harvested chia seeds to ensure the highest level of purity and quality. In addition, our chia is the only variety certified both by the International Organization for Standardization (ISO 9001:2000) and by the Nutritional Science Research Institute to ensure purity, superior manufacturing and product traceability.

Contains no GMOs, gluten, yeast, sugar, salt, dairy, wheat, corn, soy, animal products, rye, fillers, preservatives or artificial ingredients

Supplement Facts

Serving Size: 1 Tablespoon (12g) Servings per container: Approx. 28

	Amount Per Serving	%DV**
Calories	40	
Calories from fat	35	
Total Fat	4 g	6%
Saturated Fat	1 g	5%
Monounsaturated Fat	.25 g	***
Polyunsaturated Fat	2.75 g	***
Trans Fat	0 g	***
Total Carbohydrates	5 g	2%
Dietary Fiber	5 g	20%
Soluble Fiber	1 g	***
Insoluble Fiber	4 g	***
Protein	2 g	4%
Vitamin C	6 mg	10%
Calcium	76 mg	8%
Iron	1.8 mg	10%
Phosphorus	150 mg	15%
Magnesium	38 mg	10%
Potassium	85 mg	2%
Omega-3 EFAs		
ALA (Alpha Linolenic Acid)	2406 mg	***
Omega-6 EFAs		
LA (Linoleic Acid)	792 mg	***
Omega-9 FAs		
OA (Oleic Acid)	294 mg	***

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

*** Daily Value not established

Ingredients: Chia (*Salvia hispanica* L.) seed

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



TAMPER EVIDENT: DO NOT USE IF POUCH HAS BEEN OPENED.

Directions:
For best results, mix one tablespoon (12g) into 4 to 8 ounces of liquid or food up to three times daily. No grinding needed.

KEEP OUT OF REACH OF CHILDREN.

WARNING: Do not use if you have acute cough, acute diarrhea or obstructed bowel. Consuming this grain without enough liquid may cause choking. Do not consume if you have difficulty swallowing.

Packed by weight, not volume. Contents may settle during shipping and handling. Store in a dry place at 59-86°F (15-30°C). Manufactured in a GMP facility

MADE IN USA 0608

Questions? Call (866) 450-1787
Email: support@renewlife.com
or visit our website at www.renewlife.com

Quality and Purity Guaranteed
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