

# Ultimate CHIAlife™ 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, or enjoy it right out of the canister for a fiber boost anytime.\*

## Beverage Idea

### Chia Fresca

#### Ingredients (Serves 1):

2 tsp. whole **Ultimate CHIAlife** seeds  
8 to 10 ounces purified water  
Juice of 1 lemon or lime



Optional:  
Brown rice syrup,  
honey or stevia may  
be added to taste.

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

TAMPER EVIDENT: DO NOT USE IF SEAL HAS BEEN BROKEN.

Manufactured in a GMP & Kosher facility

Packed by weight, not volume.

Contents may settle during shipping and handling.

Store in a dry place at 59-86°F (15-30°C).

Questions? Call 1-800-830-1800

Email: support@renewlife.com or visit our website at [www.renewlife.com](http://www.renewlife.com)

Quality and Purity Guaranteed **MADE IN USA 0110**

Distributed by ReNew Life Formulas®  
Palm Harbor, FL 34683



\*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.

DIETARY SUPPLEMENT  
Net Wt. 1LB (454g)

**RENEW LIFE®**  
The Digestive Care Company

- Gluten-Free
- No Preservatives
- Grown Organically

# Ultimate CHIAlife™

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 canister  
ADD to casseroles & baked goods  
SPRINKLE on cereal, yogurt & salads  
STIR into beverages, soups & sauces**

## Supplement Facts

Serving Size: 1 Tablespoon (12g) Servings per Container: Approx. 38

	Amount per Serving	%DV**
Calories	60	
Calories from fat	35	
Total Fat	4.0 g	6%
Saturated Fat	0.4 g	2%
Monounsaturated Fat	0.4 g	***
Polyunsaturated Fat	3.2 g	***
Trans Fat	0.0 g	***
Total Carbohydrate	5.0 g	2%
Dietary Fiber	5.0 g	20%
Soluble Fiber	1.0 g	***
Insoluble Fiber	4.0 g	***
Protein	2.5 g	5%
Calcium	60.0 mg	6%
Iron	0.8 mg	4%
Phosphorus	72.0 mg	7%
Magnesium	35.0 mg	9%
Potassium	64.0 mg	2%
Omega-3		
ALA (Alpha Linolenic Acid)	2,375 mg	***
Omega-6		
LA (Linoleic Acid)	875 mg	***
Omega-9		
OA (Oleic Acid)	290 mg	***

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*\*Daily Value not established

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

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.