

MADE IN THE USA  
GMP COMPLIANT  
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Certified Organic • Vegan Product

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-  **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, cereali 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 yogur. Las semillas de chia también se pueden utilizar como sustituto de harina y para hacer productos horneados.
-  **sementes de chia (integrais-orgânicos)**  
**Sugestão de Uso:** Polvilhe em farinha de aveia, granola, cereais 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 omega-3s 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%    |
| Tans 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.