ESTD 1989

BARLEAN'S

ORGANIC OILS

FROM OUR FAMILY TO YOURS

Organic

CHIA SEED

SUPPLEMENT

ANCIENT AZTEC SUPERFOOD

- Vegan source of OMEGA-3 Vitamins and trace minerals
- Supports healthy digestion with 5 grams of fiber per serving*

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NET WT 12 OZ | 340 g

Super Antioxidant

2850mg Omega-3 / 5g Fiber / Non-GMO

Supplement Facts

Serving Size 1 Tbsp (12 g)
Servings Per Pouch 28

Amount Per Serving	% Daily Value
Calories 60	
Calories from Fat 45	
Total Fat 5 g	8%*
SaturatedFat 0.5 g	3%*
Polyunsaturated Fat 4 g	†
Total Carbohydrate 5 g	2%*
Dietary Fiber 5 g	20%
Protein 2 g	4%
Trace Mineral	
Calcium 75mg	8%
Phosphorous 114 mg	11%
Zinc 420 mcg	3%
Manganese 260 mcg	13%
Potassium 20 mg	<1%
Amino Acids (protein)	
Alanine 110 mg	†
Arginine 238 mg	†
Aspartic Acid 200 mg	†
Cystine 40 mg	†
Glutamic Acid 300 mg	†
Glycine 110 mg	†
Histidine 63 mg	†
Isoleucine 80 mg	†
Leucine 150 mg	†
Lysine 110 mg	†
Phenylalanine 120 mg	†
Proline 110 mg	†
Serine 120 mg	†
Threonine 80 mg	†
Tryptophan 90 mg	†
Tyrosine 60 mg	†
Valine 130 mg	†
Omega-3 Polyunsaturated Fat	
Alpha-Linolenic Acid (ALA) 2850 mg	178%
Omega-6 Polyunsaturated Fat	
Linoleic Acid (LA) 950 mg	†
Omega-9 Monounsaturated Fat	
Oleic Acid 300 mg	†

Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Barlean's Organic Chia Seeds are a whole, vegetarian superfood naturally rich in Omega-3 essential fatty acids, dietary fiber, antioxidants, protein and amino acids. Revered as a natural appetite suppressant and offering a comprehensive range of nutrients, vitamins and minerals, this mild tasting seed is a great addition to smoothies, juices, salads and many other recipes.

Dating back to ancient Aztec warriors and used today by endurance athletes and health enthusiasts alike, just a spoonful a day is an easy and delicious way to support your digestive health and satiate your appetite*.

- Organic
- Kosher
- Non-GMO

SUGGESTED USE: 1 tablespoon daily. Mixes easily in water or juice. Excellent when used as a topping for yogurt, salads, breakfast cereals and used in blended smoothie beverages.

KEEP OUT OF REACH OF CHILDREN
To ensure freshness after opening, keep refrigerated.

INGREDIENTS:
Organic Chia seeds.

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CERTIFIED ORGANIC

PRODUCT OF ARGENTINA AND/OR MEXICO

*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.

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FRESHNESS AND POTENCY GUARANTEED THROUGH:

SEP 19 13 CH-4