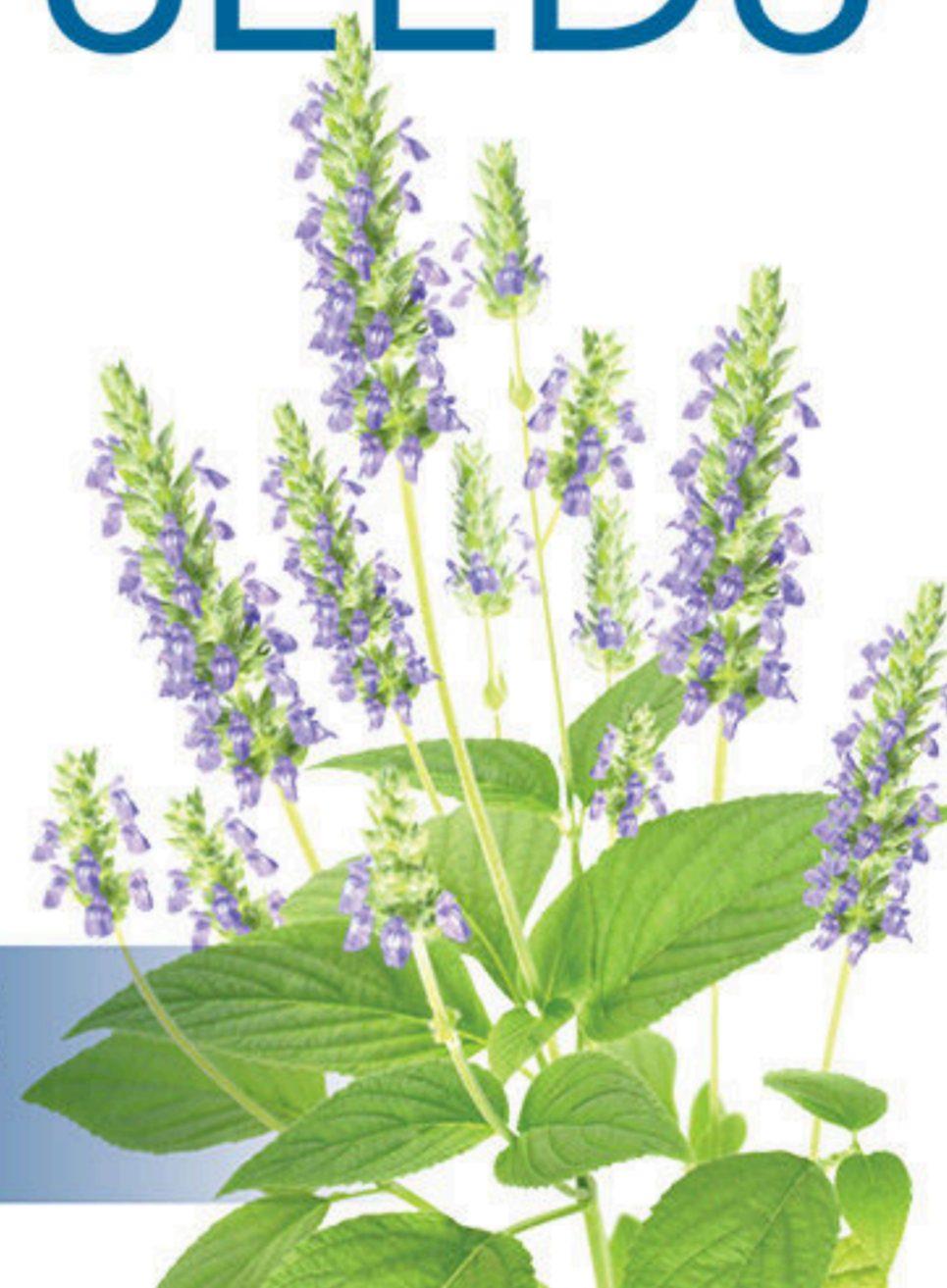


BIOVĒA

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.

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 yogurt. 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.

BIOVĒA

ORGANIC GROUND FLAXSEEDS

RICH IN FIBRE, LIGNANS & OMEGA-3



392 GRAMS Dietary Supplement

Supplement Facts

Serving Size: 1 Tablespoon (14g)
Servings Per Container: Approx. 28

	Amount Per Serving	% DV*
Calories	70	
Calories from Fat	50	
Total Fat	6g	9%
Saturated Fat	.5g	3%
Polyunsaturated Fat	4g	*
Monounsaturated Fat	1g	*
Total Carbohydrate	5g	2%
Dietary Fibre	4g	2%
Protein	3g	6%
Calcium	28mg	3%
Iron	1mg	5%
Magnesium	51mg	13%
Sodium	5mg	Less than 1%
Omega-3 (alpha-linolenic acid ALA)	2.8g	*
Omega-6 (linoleic acid LA)	0.84g	*
Omega-9 (oleic acid OA)	0.98g	*

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
*Daily Value not established.

Ingredients: Organic cold milled ground flaxseed.

Allergen Information: Does not contain soybeans or wheat. However this product may contain trace amounts of wheat and soybean from the field.

Contains no preservatives.

flaxseed (organic)

Suggested Use: Take 1-3 tablespoons daily. Can be eaten alone, or added as a healthy boost to baked goods, smoothies, cereal and other foods.

graines de lin (biologiques)

Suggestion d'Utilisation: Prendre 1-3 cuillères à soupe par jour. Peuvent être mangées seules, ou ajoutées à vos pâtisseries, smoothies, céréales et autres aliments.

semi di lino (biologico)

Uso Raccomandato: Prendere 1-3 cucchiari al giorno. Può essere consumato da solo o aggiunto a prodotti da forno, frullati, cereali ed altri alimenti.

leinsamen (biologisch) gemahlen

Empfohlene Anwendung: Nehmen Sie 1-3 Esslöffel täglich. Kann alleine eingenommen oder über Müsli gestreut, in Smoothies oder zum Backen verwendet werden.

semilla molida de lino (orgánico)

Uso Sugerido: Tomar 1-3 cucharadas diarias. Se puede consumir solo o añadido en repostería, batidos, cereales y otros alimentos.

semente de linhaça moída (orgânica)

Sugestão de Uso: Tome 1-3 colheres de sopa por dia. Pode ser comido sozinho ou adicionado como um impulso saudável para assados, batidos, cereais e outros alimentos.

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