



Suggested usage: 1 tbsp (12 g) per day.

Sprinkle or mix ChiaFactors with your favorite food or beverage. ChiaFactors can be eaten straight out of the container or added to hot and cold cereals, yogurts, fruits, salads, soups, sauces, smoothies or green drinks. Bake and cook with ChiaFactors in your favorite recipes such as pancakes, breads, cookies, muffins, soups or anything else you desire to improve taste and nutrition. Keep out of the reach of children.

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.



100% ORGANIC ChiaFactors® WHOLE FOOD NUTRITION

100% Pure Chia Seeds

One serving of ChiaFactors® provides:

- ✓ 2.3 g omega-3 EFAs ✓ 60 mg calcium
- ✓ 2 g complete protein ✓ 4 g dietary fiber ✓ 34 mg magnesium

Net Wt 12.7 oz (360 g)

NON-GMO · GLUTEN FREE



Supplement Facts

Serving Size 1 Tbsp (12 g)

Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	60	
Calories from Fat	30	
Total Fat	3.5 g	5%†
Saturated Fat	0.5 g	3%†
Total Carbohydrate	4 g	2%†
Dietary Fiber	4 g	16%†
Protein	2 g	3%†
Calcium	60 mg	6%
Iron	0.9 mg	5%
Phosphorus	60 mg	6%
Magnesium	34 mg	9%
Zinc	0.6 mg	4%
Manganese	0.2 mg	10%
Organic Chia Seeds	12 g	**
Omega Fatty Acids	3100 mg	**
ALA (Alpha Linolenic Acid) (Omega-3)	2300 mg	**
LA (Linoleic Acid) (Omega-6)	800 mg	**

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

** Daily Value not established.

Other ingredients: None.

PRODUCT OF PARAGUAY
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

Certified Organic by QAI



Recyclable container and label.

**Purity & Potency
Guaranteed** R5

LOT & EXPIRY
0.6875" x 0.4375"
Double Line

