

ESTD 1989



Organic

CHIA SEED SUPPLEMENT

ANCIENT AZTEC SUPERFOOD

- Vegan Source of Omega-3, Vitamins and Trace Minerals
- Supports Healthy Digestion*



NET WT.
12 oz / 340 g

Super Antioxidant
2,140 mg Omega-3 / 4 g 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	35
Total Fat	3.5 g 8%*
Saturated Fat	0 g 0%*
Trans Fat	0 g †
Polysaturated Fat	3 g †
Monounsaturated Fat	0 g †
Total Carbohydrate	5 g 2%*
Dietary Fiber	4 g 16%*
Protein	2 g 4%*
Vitamin A	7 IU <1%
Vitamin C	0.19 mg <1%
Thiamin (Vitamin B1)	0.07 mg 1%
Riboflavin (Vitamin B2)	0.02 mg 1%
Niacin	1.06 mg 9%
Folate	5.88 mcg 1%
Calcium	76 mg 8%
Iron	0.93 mg 9%
Phosphorous	103 mg 10%
Magnesium	40 mg 10%
Zinc	0.55 mg 4%
Selenium	6.62 mcg 9%
Copper	0.11 mg 6%
Manganese	0.33 mg 16%
Potassium	50 mg 1%

Omega-3 Polysaturated Fat:

Alpha-Linolenic Acid (ALA) 2140 mg †

Omega-6 Polysaturated Fat:

Linoleic Acid (LA) 700 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 264 mg †

Amino Acids:

Alanine	125 mg †
Arginine	257 mg †
Aspartic Acid	203 mg †
Cystine	49 mg †
Glutamic Acid	420 mg †
Glycine	113 mg †
Histidine	64 mg †
Isoleucine	96 mg †
Leucine	165 mg †
Lysine	116 mg †
Methionine	71 mg †
Phenylalanine	122 mg †
Proline	90 mg †
Serine	126 mg †
Theonine	85 mg †
Tryptophan	52 mg †
Tyrosine	68 mg †
Valine	114 mg †

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

† Daily Value not established.

Barlean's Organic Chia Seeds are a whole, vegan 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.

**LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:**

barleans.com

800/445-3529

Barlean's Ferndale, WA 98248

Certified Organic by QAI

US-ORG-050



PRODUCT OF NORTH, SOUTH
AND CENTRAL AMERICA.



*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.



FRESHNESS AND POTENCY
GUARANTEED THROUGH: