

Discover Nature's Answer
and trust
the Difference...™

The True Nature of Our Standards
go way beyond the herb...™

Chia was cultivated by the ancient Aztecs, and was honored as a "power food." Chia is one of the best plant sources of beneficial Omega-3 oils, especially α -Linolenic acid (ALA). Chia is often stored for long periods of time as a Survival Food, since it does not quickly turn rancid like other sources of Essential Fatty Acids. Chia seeds are an excellent source of fiber. When Chia seeds are mixed into a liquid, they form a thick mass due to their high content of mucilage. Nature's Answer® Chia Seeds are produced using totally natural growing techniques, which have been used since antiquity. Nature's Answer® Chia Seeds are 100% vegetarian, Non-GMO, and are produced without the use of pesticides.

Refrigerate
after opening.



***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.

NATURE'S ANSWER

Since 1972

ADVANCED BOTANICAL FINGERPRINT TECHNOLOGY™

Chia Seeds

Salvia hispanica

VEGETARIAN SOURCED ESSENTIAL FATTY ACIDS

Source of
**Dietary
Fiber**

Discover Nature's Answer™

Dietary Supplement

Net Wt. 16 oz (454 g)

Vegetarian/Vegan

Supplement Facts

Serving Size 1 Scoop (15 g)
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	60
Calories from Fat	40
Total Fat	4.5 g 7%*
Saturated Fat	0.5 g 3%*
Total Carbohydrate	1 g <1%*
Dietary Fiber	5 g 20%*
Protein	3 g 6%*
Thiamin (Vitamin B-1)	0.13 mg** 9%
Niacin	1.68 mg** 8%
Calcium	75 mg** 8%
Phosphorus	80.25 mg** 8%
Magnesium	43.5 mg** 11%
Copper	0.23 mg** 12%
Omega-3 Fatty Acids	2,775 mg (2.775 g)** †
Omega-6 Fatty Acids	960 mg** †

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

† Daily Value not established.

Ingredient: 100% Chia (*Salvia hispanica*) Seed.

Suggested Use: As a dietary supplement, mix one (1) scoop (15 g) of Chia Seeds into 8 oz. of liquid. Shake or stir briskly for one minute to evenly suspend the seeds. Let mixture settle for 5 minutes to allow seeds to soften. Follow with an additional 8 oz. of clear liquid. Chia Seeds can be liberally sprinkled on all kinds of foods to enhance their nutritional benefits. Try Chia Seeds in yogurt, oatmeal, salads, gravy, pudding, or in any of your favorite recipes!

For product information, call (800) 439-2324.

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WARNING: KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal is damaged or missing. If you are pregnant, nursing, taking any medications, planning any medical procedure or have a medical condition, consult with your healthcare practitioner before use.

**Typical values, results may vary.