

- Gluten-Free
- No Preservatives
- Stay-Fresh Pouch

Ultimate CHIAlife™

Source of **Omega-3**

100% Premium Chia Seed

- 5 g Fiber per Serving
- Antioxidant Rich
- Higher Protein Quality than Soy

EAT right out of the bag

ADD to casseroles & baked goods

SPRINKLE on cereal, yogurt & salads

STIR into beverages, soups & sauces

RENEW LIFE®
The Digestive Care Experts

DIETARY SUPPLEMENT
Net Wt. 12oz. (340g)

Resealable Stay-Fresh Pouch

Ultimate CHIAlife™ ANCIENT GRAIN OF THE FUTURE

Priced more highly than gold by the mighty Aztecs, Chia is a nutrient-dense super seed with remarkable levels of nutrition. In addition to its high fiber content, Chia is the richest known vegetable source of Omega-3 fatty acids. It is rich in antioxidants, has more calcium than milk, more iron than spinach, is a better protein source than beans or soy, and more!

Chia's pleasant, nutty flavor is a perfect addition to beverages, soups, sauces or baked goods. Sprinkle it on cereal, yogurt or salads. Enjoy right out of the bag for a fiber boost anytime.*

Beverage Idea

Chia Fresca

Ingredients (Serves 1):

2 tsp. whole **Ultimate CHIAlife** seeds
8 to 10 ounces purified water
Juice of 1 lemon or lime



Optional:
Brown rice syrup,
honey or stevia may
be added to taste.

Contains no GMOs, gluten, yeast, sugar, salt, dairy, wheat, soy, animal products, fillers, binders, preservatives or artificial ingredients

Supplement Facts

Serving Size: 1 Tablespoon (12g) Servings per Container: Approx. 38

	Amount per Serving	%DV**
Calories	60	
Calories from fat	35	
Total Fat	4 g	6%
Saturated Fat	0.4 g	2%
Monounsaturated Fat	0.4 g	---
Polysaturated Fat	3.2 g	---
Trans Fat	0 g	---
Total Carbohydrate	5 g	2%
Dietary Fiber	5 g	20%
Soluble Fiber	1 g	---
Insoluble Fiber	4 g	---
Protein	2.5 g	5%
Omega-3 * 6 * 9	3,500 mg	---
ALA (Alpha Linolenic Acid)		
LA (Linolenic Acid)		
OA (Oleic Acid)		

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

*** Daily Value not established

Ingredients: Chia (*Salvia hispanica L.*) seed

Directions:

For best results, mix one tablespoon (12 g) into 4 to 8 ounces of liquid or food up to three times daily. No grinding needed.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN.

NOTICE: Using this supplement without at least a full glass of liquid may cause choking. Do not use this supplement if you have difficulty in swallowing, acute cough or obstructed bowel.

Packed by weight, not volume. Contents may settle during shipping and handling. Store in a dry place at 59-86°F (15-30°C). Manufactured in a GMP facility

MADE IN USA 011012

Questions? Call 1-800-830-1800
Email: support@renewlife.com
or visit our website at www.renewlife.com

Quality and Purity Guaranteed
Distributed by ReNew Life Formulas®
Palm Harbor, FL 34683

**TAMPER EVIDENT: DO NOT USE IF
POUCH HAS BEEN OPENED.**

