Supplement Facts

Serving Size 1 Tbsp (12 g)
Servings Per Pouch 28

Amount Per Serving	% Daily Value
Calories	60
Calories from Fat	30
Total Fat	3.2 g 5%*
Saturated Fat	0 g 0%*
Trans Fat	0 g †
Polyunsaturated 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 E	0.19 mg <1%
Thiamin (Vitamin B1)	0.07 mg 5%
Riboflavin (Vitamin B2)	0.02 mg 1%
Niacin	1.26 mg 5%
Folate	1.68 mcg 1%
Calcium	76 mg 8%
Iron	0.83 mg 5%
Phosphorous	189 mg 19%
Magnesium	48 mg 19%
Zinc	0.56 mg 4%
Selenium	0.63 mcg 1%
Copper	0.11 mg 6%
Manganese	0.33 mg 16%
Potassium	50 mg 1%
Omega-3 Polyunsaturated Fat:	
Alpha-Linolenic Acid (ALA)	3140 mg †
Omega-6 Polyunsaturated Fat:	
Linoleic Acid (LA)	700 mg †
Omega-9 Monounsaturated Fat:	
Oleic Acid	284 mg †
Amino Acids:	
Alanine	125 mg †
Arginine	257 mg †
Aspartic Acid	289 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	133 mg †
Proline	89 mg †
Serine	126 mg †
Threonine	85 mg †
Tryptophan	53 mg †
Tyrosine	65 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 OA
US-ORG-050

USDA ORGANIC

PRODUCT OF NORTH, SOUTH AND CENTRAL AMERICA.

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*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.

FROM OUR FAMILY TO YOURS

FRESHNESS AND POTENCY GUARANTEED THROUGH:

Super Antioxidant
2,140 mg Omega-3 / 4 g Fiber / Non-GMO
NET WT. 12 oz / 340 g

ANCIENT AZTEC SUPERFOOD
· Vegan Source of Omega-3, Vitamins and Trace Minerals
· Supports Healthy Digestion*

USDA ORGANIC

CHIA SEED
SUPPLEMENT

Organic

PATHWAY TO A BETTER LIFE

BARLEAN'S
ESTD 1989