

100% RAW ORGANIC CHIA SEEDS

Chia seeds are an ancient food staple, dating back to the time of the Aztecs, Incans and Mayans. They are a good source of dietary fiber, with 16% of your daily-recommended intake in just one serving! Fiber-full foods like chia seeds help to support healthy digestion and also help you feel fuller for longer after eating. The chia seeds' amazing nutritional profile also includes heart-healthy omega fatty acids, essential minerals, and protein.[†]

Raw

Organic

Vegan

Gluten Free

Non-GMO

BENEFITS:

Digestion, heart health, appetite control.[†]

SUGGESTED USE:

Sprinkle into oatmeal, granola, cereal or yogurt. Chia seeds also work as a flour substitute, and can be ground and used to make baked goods.

[†]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.

bareorganics™

Superfoods to nourish your life.

100% RAW ORGANIC



CHIA SEEDS



- good source of fiber
- omega fatty acids
- minerals

NET WT 16 OZ (454g)



Nutrition Facts

About 38 servings per container

Serving size

1 tbsp. (12g)

Amount per serving

Calories

60

% Daily Value*

Total Fat 3.5g	5%
Saturated Fat 0.38g	2%
Trans Fat 0g	
Polyunsaturated Fat 2.8g	
Monounsaturated Fat 0.25g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 5g	16%
Total Sugar 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Omega 3 fatty acid 2106mg	**
Omega 6 fatty acid 694mg	**

Vitamin D 0mcg	0%	Calcium 75.7mg	6%
Iron 1.2mg	6%	Potassium 19.2mg	0%
Phosphorus 114mg	10%	Manganese 0.26	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. **No % DV established.

Ingredients: Organic Chia Seeds. **Botanical Source:** Salvia hispanica.

Note: Silica packet included to help maintain freshness. Do not consume.

This container is reusable,
100% recyclable, microwave
and dishwasher safe.



#12569 • C17

Manufactured for: BareOrganics™
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Warning: If you are pregnant or lactating, consult a health care professional before using this product. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place away from sunlight and moisture. Do not use this product if tamper evident tab has been removed or is broken.