



# nutiva®

NURTURE VITALITY™

# chia seed

**ORGANIC  
SUPERFOOD**

**BLACK**

5g Fiber  
3g Protein  
2.5g Omega-3  
per serving



GLUTEN FREE

# nutiva®

NURTURE VITALITY™

The people of the ancient Aztec and Mayan empires revered chia seeds as vital nourishment. These mighty seeds packed with omega 3s, protein, antioxidants and fiber are making a comeback in the 21st century. Enjoy them in yogurt, oatmeal, baked goods or smoothies.

**Nutrition Facts**  
Serving Size: 1 Tbsp (12g)  
Servings Per Container: About 75

Amount Per Serving	% Daily Value*	
<b>Calories</b> 60	Calories from Fat 25	
	% Daily Value*	
<b>Total Fat</b> 3g		5%
Saturated Fat 0g		0%
Trans Fat 0g		
Polyunsaturated Fat 2.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 0mg		0%
<b>Potassium</b> 60mg		2%
<b>Total Carbohydrate</b> 5g		2%
Dietary Fiber 5g		20%
Sugars 0g		
<b>Protein</b> 3g		6%
Vitamin A 0%	Vitamin C 0%	
Calcium 8%	Iron 6%	
Magnesium 10%		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium	Less than	3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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**Vegan  
Non-GMO**

**QUICK TIP**  
Soak 2 Tbsp of seeds for 5-10 minutes in 6 oz of water to produce a nutritious gel that can be added to hundreds of recipes.

**STORAGE**  
Store in a cool, dry place away from sunlight.

**MANUFACTURED FOR**  
Nutiva®  
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Richmond, CA 94804  
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www.nutiva.com

**CERTIFIED ORGANIC**  
by QAI

INGREDIENTS: RAW ORGANIC CHIA SEEDS

**RECIPES**

**Chia Oatmeal**  
1 bowl of hot oatmeal  
2 Tbsp Nutiva Coconut Manna™  
2 Tbsp Nutiva Chia Seed  
1 Tbsp Nutiva Hempseed  
1 Tbsp honey or maple syrup  
Sprinkle toppings over oatmeal.  
Stir and savor!

**Chia Juice Drink**  
1 Tbsp Nutiva Chia Seed  
8 oz favorite juice  
Add Chia Seed to juice, stir and wait 15 minutes. Drink and enjoy!

Also try our organic Hemp Oil, Seeds and Protein, Coconut and Red Palm Oils, and Coconut Manna™. For delicious recipes and info on our sustainability efforts, visit [nutiva.com](http://nutiva.com).



32 OZ (2 lb) (907g) ©