



nutiva[®]
NURTURE VITALITY™

superseed blend

GROUND FLAX, CHIA & HEMPSEED WITH COCONUT

ORGANIC SUPERFOOD

A delicious topping or smoothie boost

*2000mg Omega-3
3g Fiber
per serving*

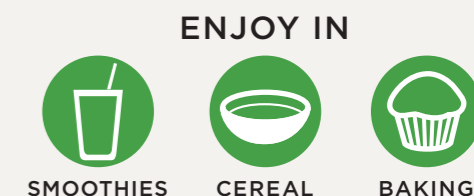
COCONUT



32 OZ (2 lb) (907 g) ©

Revolutionizing the way the world eats

nutiva[®]
NURTURE VITALITY™



Enjoy our delicious superseed blend containing Omega-3s, Protein and Fiber. A combination of flax, chia, hemp and coconut, it's the perfect topping for oatmeal, yogurt or cereal. It's also an excellent addition to smoothies or shakes. Contains 1600mg Alpha Linolenic Acid (ALA) and 12% DV of fiber per serving.

QUICK TIPS

- Sprinkle liberally on oatmeal, yogurt or cereal.
- Replace up to 10% of flour with Nutiva's Superseed Blend when baking muffins or breads.
- Mix several tablespoons into your favorite pancake batter.
- Add to smoothies and shakes.

RECIPES

Superseed Chocolate Shake

- 3 Tbsp Nutiva Superseed blend
- 1 fresh or frozen Banana
- 1 Tbsp unsweetened Cocoa
- 1 cup water or almond milk

Blend all ingredients in a blender and enjoy.

For delicious recipes, visit Nutiva.com.



Nutrition Facts

Serving Size: 1 Tbsp (14g)
Servings Per Container: About 65

Amount Per Serving		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 5g		2%	
Dietary Fiber 3g		12%	
Sugars 1g			
Protein 3g			
Calcium 4%	•	Iron 4%	

Not a significant source of vitamin A or vitamin C.

*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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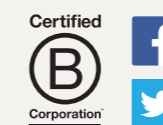
Vegan Non-GMO

STORAGE
REFRIGERATE AFTER OPENING and keep out of direct light.

MANUFACTURED FOR
Nutiva®
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Richmond, CA 94804
(800) 993-4367
www.nutiva.com

CERTIFIED ORGANIC
by QAI and ECOCERT ICO (US-ORG-016)

Product of USA



INGREDIENTS: ORGANIC FLAXSEED, ORGANIC CHIA, ORGANIC DRIED COCONUT, ORGANIC COCONUT SUGAR, ORGANIC HEMPSEED

