

ENJOY IN



**nutiva**<sup>®</sup>  
NURTURE VITALITY™

# superseed blend

GROUND FLAX, CHIA & HEMP

**ORGANIC  
SUPERFOOD**

**WITH COCONUT**

*A delicious  
topping or  
smoothie boost*

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



SERVING SUGGESTION

10 OZ (283g) ©

Revolutionizing the way the world eats

**nutiva**<sup>®</sup>  
NURTURE VITALITY™

ENJOY IN



We've blended three powerhouse super seeds—flax, chia, and hemp—and sweetened them with a touch of coconut for a delicious “slightly sweet” flavor. Now you can enjoy the benefits of Omega-3s, fiber, protein, and lauric acid in one convenient package. Contains 2000mg Omega-3 from Alpha Linolenic Acid (ALA) and 3000mg of fiber per serving.

**SERVING SUGGESTIONS**

- Perfect topping for oatmeal, yogurt or cereal.
- Add to baked goods such as muffins and breads.
- Mix several tablespoons into your favorite pancake batter.
- Blend into smoothies and shakes.

**OUR STORY**

Nutiva was founded in 1999 with a single purpose in mind—to revolutionize the way the world eats. Today Nutiva is the world's leading brand of organic superfoods made from coconut, chia, hemp, and red palm. We contribute one percent of sales (\$3M to date) to sustainable agriculture initiatives such as urban gardens.

**JOIN US!**

Discover delicious recipes at [nutiva.com](http://nutiva.com). Connect with us on social media and share how you Nurture Vitality. We love to hear from you! Email [help@nutiva.com](mailto:help@nutiva.com) or call (800) 993-4367.

**OUR COMMITMENT**



**Nutrition Facts**

Serving Size 1 tbsp. (14g)  
Servings Per Container About 20

Amount Per Serving		% Daily Value*	
<b>Calories</b> 70	Calories from Fat 45		
<b>Total Fat</b> 5g			8%
Saturated Fat 1g			5%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 0mg			0%
<b>Total Carbohydrate</b> 5g			2%
Dietary Fiber 3g			12%
Sugars 1g			
<b>Protein</b> 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

**INGREDIENTS:** ORGANIC GROUND FLAXSEED, ORGANIC GROUND CHIA, ORGANIC DRIED COCONUT, ORGANIC COCONUT SUGAR, ORGANIC SHELLED HEMPSEED

**Vegan  
Non-GMO**

**STORAGE**  
REFRIGERATE AFTER  
OPENING and keep out  
of direct light.

**MANUFACTURED FOR**  
Nutiva®  
213 W. Cutting Blvd.  
Richmond, CA 94804  
[www.nutiva.com](http://www.nutiva.com)  
©2015

**Product of USA**

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



6 92752 10690 3