

Revolutionizing the way the world eats



nutiva[®]
NURTURE VITALITY™

chia seed

**ORGANIC
SUPERFOOD**

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

BLACK



GLUTEN FREE

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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 strong 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 14

Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 60mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 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.

INGREDIENTS: RAW ORGANIC CHIA SEEDS

**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 countless recipes.

STORAGE
Store in a cool, dry place away from sunlight. Keeps for two years.

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

CERTIFIED ORGANIC
by QAI

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
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, visit nutiva.com.



6 OZ (170g) ©