

Nutrition Facts	
Serving size	(30g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

INGREDIENTS:

CHIA SEEDS.

PROCESSED ON EQUIPMENT THAT ALSO
 PROCESSES: CRUSTACEAN SHELLFISH, EGG,
 FISH, MILK, PEANUT, SOY, TREE NUTS
 (ALMOND, BRAZIL NUT, CASHEW, COCONUT,
 FILBERT (HAZELNUT), MACADAMIA NUT,
 PECAN, PINE NUT, PISTACHIO, WALNUT) AND
 WHEAT.