

7"

Bleed Area 0.25"

1.5" Zipper

1.25" Tear Notch

SEAL AREA (no copies/texts)

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Organic Whole Black Chia Seeds

USDA Organic
Non-GMO
Gluten Free
6.5 grams of Omega-3 fatty acids per serving



Net Wt. 12 oz. (340 g)

SEAL AREA (no copies/texts)

3" Bottom Gusset

SEAL AREA (no copies/texts)

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FRESHNESS AND POTENCY GUARANTEED THROUGH:



Certified Organic by:
International Certification Services, Inc.,
Medina, ND 58467

Best if stored below 65°F.
Do not use if pouch is torn or open.

Chia seeds are small seeds and are often black or very dark brown in color. Originally cultivated in Mexico and Guatemala, **chia seeds come from the flowering plant, *Salvia hispanica***, part of the herbal mint family. Today, chia remains a common food crop in Mexico and continues to provide much sought-after natural nutrition.

The Seed with a Rich History
Chia seeds may also be soaked before consumption. When soaked, the seeds become gel-like in consistency.

- Fruit smoothies or refreshing lemonade
- Salads for an added crunch
- Breakfast yogurt
- Your favorite cookie recipe
- Cereals for added protein and fiber
- And much more!

Chia Seeds are **versatile nutrition**. Chia seeds have a nutty flavor. Whether whole or ground, mixed into baked goods or raw, all the goodness of Chia can be enjoyed in a variety of food and drink—just let your taste buds decide:

- More Than Just a Seed**
- Omega 3 (alpha linolenic acid - ALA) 6500mg
 - Omega 6 (linoleic acid - LA) 2000mg
 - Protein 6 grams
 - Dietary fiber 7 grams
 - Calcium 200mg
 - Potassium 220mg
 - Magnesium 120mg

Chia seed is a superfood that contains essential nutrients and antioxidants that nourish the body. Each serving of Spring Valley Organic Black Chia Seeds delivers a powerful punch of Essential Fatty Acids (EFAs) and key minerals that keep the body healthy and strong **with zero cholesterol**:

All this Goodness in Such Tiny Seeds

DISTRIBUTED BY:
Wal-Mart Stores, Inc.,
Bentonville, AR 72716
Product of Paraguay.
No Artificial Colors or Flavors, No Gluten, No Lactose, Non-GMO
Questions or Comments: 1-866-251-1662

INGREDIENT: Organic Black Chia Seeds.

*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.	
Total Fat 10g	13%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polysaturated Fat 8g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 7g	25%
Protein 6g	12%
Amount per serving	
Calories 130	
% Daily Value*	
1 1 servings per container	
Serving size 3 Tbsps (30g)	
Nutrition Facts	

SEAL AREA (no copies/texts)

1.5" Zipper

1.25" Tear Notch

Bleed Area 0.25"

9"

21"

6"