

# JLM Manufacturing

5/11/2015

**JLM PRODUCT #:** 630528  
**PRODUCT NAME:** DARK CHIA SEEDS  
**UPC:** 094776150229  
**WEIGHT:** 16 oz (452.8 g)  
**ALLERGEN STATEMENT:**  
**COUNTRY OF ORIGIN:** MEXICO / BOLIVIA  
**SHELF LIFE:** 365 Days  
**OU KOSHER:** Not Currently Kosher Certified  
**INGREDIENTS:** Chia Seeds.

NUTRITIONAL INFORMATION		
SERVING SIZE	1 Tbsp (13g)	
SERVINGS PER PACKAGE	About 35	
CALORIES	64	
CALORIES FROM FAT	33	
TOTAL FAT	4g	6%
SATURATED FAT	0g	2%
TRANS FAT	0g	
CHOLESTEROL	0mg	0%
SODIUM	2mg	0%
TOTAL CARBOHYDRATES	6g	2%
FIBER	5g	20%
SUGARS	0g	
PROTEIN	2g	
VITAMIN A		0%
VITAMIN C		0%
IRON		0%
CALCIUM		8%

\*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

