

JLM PRODUCT #: 962006

PRODUCT NAME: ORGANIC CHIA SEED

UNIT UPC: 863669741642

CASE UPC: 863669741635

WEIGHT: 9 oz (255g)

ALLERGEN STATEMENT:

**Packaged in a facility that processes peanuts, soybean, milk, eggs, tree nuts, wheat (gluten), and fish products.

COUNTRY OF ORIGIN: PARAGUAY, ARGENTINA.

SHELF LIFE: 365 Days

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ORGANIC: Certified Organic by ECOCERT ICO

INGREDIENTS: Organic Chia Seeds.

Nutrition Facts

About 10 Servings Per Package

Serving Size 2 Tbsp (26g)

Amount per serving

Calories **125**

%Daily Value*

Total Fat 8g 12%

Saturated Fat 0.9g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 11g 4%

Fiber 9g 36%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vit. D 0mcg 0% • Potas. 106mg 3%

Calcium 164mg 16% • Iron 2mg 11%

*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.

