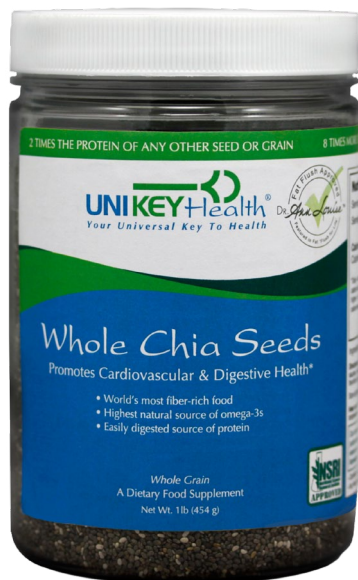


Whole Chia Seeds

1 lb container

Highest Natural Source Of Omega-3s
 Most Fiber-Rich Food



- 2 times the protein of any other seed or grain
- 8 times more omega-3s than salmon
- 3 times the antioxidant strength of blueberries

UNI KEY's Whole Chia Seeds are considered the world's most fiber-rich food (soluble and insoluble) and highest natural source of omega-3s. Once a sacred food of ancient cultures, today they have been proven to lower fattening hormones like cortisol. The soluble fiber content of Chia—about 11 grams in just one ounce—is more than one third of the USDA recommended daily amount.

Extremely nutrient dense, they contain nearly 50 energizing nutrients in one small seed. They are gluten-free and abundant in vitamin C, protein, minerals, essential fatty acids, and fiber.

Did you know?

Whole Chia Seeds have the NSRI (Nutritional Science Research Institute) Seal of Approval that guarantees the highest safety and purity standards, with complete traceability. They are grown in harmony with the environment to ensure a safe, high quality nutritional product for you and your family.

Chia Seed Benefits

- ✓ Balances gut grief and calms the colon, relieving constipation and diarrhea
- ✓ Absorbs 10 times+ its volume in water, so you eat less and stay full for hours
- ✓ Provides a complete source of vegetarian protein
- ✓ Contains nearly 200 mg of calcium in 1 ounce—more than 1 cup of whole milk

Usage

Add a scoop of Chia Seeds to any of your favorite foods, smoothies or beverages (hot or cold) to enhance nutrition without altering taste. Not necessary to refrigerate or grind. Keep in a cool, dry area.

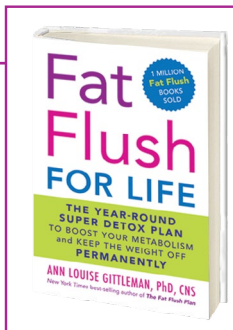


note from

Dr. Ann Louise™

"Chia is the ancient food that fits all our modern needs: high fiber, high omega-3s, and loaded with plant-based calcium. No wonder chia has made a comeback!"

—Ann Louise Gittleman
 PhD, CNS



Read more about Whole Chia Seeds.