

Supplement Facts

Serving Size: 1 Vcap®

Servings per Container: 60

	Amount per serving	% Daily Value
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Chia (seed)	650 mg.	†
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* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Plant Cellulose (Vcaps®)

Suggested Use: As an addition to the diet, take 1 or 2 capsules, three times daily with water at mealtime.

WARNING: This capsule should be ingested only with adequate liquid. Not for use by persons with bowel obstructions.

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

At one time, **Chia Seeds** served as an super nutritious food for the ancient Aztec civilization. Today, they're recognized as an amazing source of protein, fiber, calcium, and essential Omega-3 fatty acids. The legendary seeds support long-lasting energy, promote bowel regularity, and support healthy blood sugar levels.*

Common uses include:

- Nutrient-rich seeds support stamina*
- Fiber source (soluble and insoluble)*
- Contain Omega-3 fatty acids (ALA)*
- Soothe digestive and gastrointestinal tract*
- Promote colon health and bowel regularity*

Keep in a cool dry place with cap tightly closed.

Vcaps® is a registered trademark of Capsugel.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

