

# Supplement Facts

Serving Size: 1 Veg Capsule

Servings per Container: 60

	Amount per serving	% Daily Value
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Organic 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 (capsule)

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

**Caution:** This capsule should be ingested only with adequate liquid. Not for use by persons with bowel obstructions. We recommend that you consult with a qualified healthcare practitioner before using herbal products, especially if you are pregnant, nursing, or taking any medications.

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

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\*

Keep in a cool dry place with cap tightly closed.

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

\*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.

