


Chia Seeds / Chiafrön

Ancient Aztecs and Mayans understood the great power hidden inside the tiny chia seed so well, that they used it as currency. Today, we want to share that same treasure with you. Chia seeds are rich in all kinds of essential nutrients, and are totally kick ass!

100% Pleasure, 0% Guilt!



 **Mindful Eating:** Calm your mind and soul. Reseal these special bags that help keep the deliciousness for as long as possible (& keep hands out) to minimize oxidation of the special ingredients. Enjoy!

Contains naturally occurring sugars/Innehåller naturligt förekommande socker.

Ingredients/Ingredienser: Organic chia seeds*/Ekologiska chiafrön*

May contain traces of peanuts and treenuts/Kan innehålla spår av jordnöt, mandel, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt, macadamianöt och cashewnöt.

Country of Origin/ Ursprungsland: Mexico/Mexiko, South America/Sydamerika (Argentina, Peru, Bolivia)

Nutritional values/Näringsvärden	(Per 100 g)	(Per serving/Per portion 28 g)
Energy/Energi (kcal):	1832 KJ/444 Kcal	512 KJ/124 kcal
Total fat/Totalt fett (g):	31.1	8.8
Saturated Fat/ Mättat fett (g):	3.8	1.1
Poly-unsaturated/ Fleromättade (g):	24.2	6.8
Total Carbohydrate/Totalt kolhydrater (g):	4.9	1.4
Sugars/Sockerarter (g):	0.8	0.2
Fibre/Fiber (g):	31.4	8.8
Protein (g):	21.2	5.9
¹ Salt (mg):	0	0
Vitamins/Vitaminer (mg):		
Vitamin B1:	0.89mg (81% DRI)**	0.25mg (23% DRI)**
Vitamin E:	29.1mg (242% DRI)**	8.1mg (68% DRI)**
Niacin/Niacin:	11.2mg (70% DRI)**	3.1mg (19% DRI)**
Minerals/Mineraler (mg):		
Calcium/Kalcium (Ca):	500mg (62% DRI)**	140mg (17% DRI)**
Iron/Järn (Fe):	6.5mg (46% DRI)**	1.8mg (13% DRI)**
Phosphor/Fosfor (P):	535mg (76% DRI)**	149.8mg (21% DRI)**
Potassium/Kalium (K):	600mg (30% DRI)**	168mg (8% DRI)**
Magnesium/Magnesium (Mg):	290mg (77% DRI)**	81.1mg (22% DRI)**

* Organic ingredient/Ekologisk ingrediens.

¹The content of salt is exclusively due to naturally occurring sodium/
Salthalten beror uteslutande på naturligt förekommande natrium.

Reference intake for an average adult/Referensintag för en genomsnittlig vuxen
(8 400 kJ/2 000 kcal).

Warning/Varning:

Potential choking hazard to small children/

Tänk på att små barn lätt kan sätta innehållet i halsen.

Storage: Once opened, please keep me somewhere away from direct sunlight.

Store me in a cool, chilled-out place. I'm not a vampire though, promise.

Förvaring: Förvaras torrt och svalt.

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Vikt: Lot nr.:

Nettovikt:

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