

CHIA PROTEIN POWDER

Chia seeds are considered one of the healthiest foods on the planet, containing nutrients and fats that are essential to body and brain health. We source our chia seeds from certified organic farms in South America that have been hand-selected through our supply chain. Our chia seed is cold-pressed to extract the oil, leaving a protein-rich seed cake, which is cold-milled into a nutritious, plant-based protein powder.

Quick Facts:

- Source of potassium, magnesium, calcium, protein, fibre, and B-vitamins
- Supplement quality product
- Can be used as an ingredient in protein shakes, juices, pancakes, baked foods, and other snacks
- High in omega-3 essential fatty acids; chia seed has one of the highest concentrations of omega-3 ALA in plant based products
- As of 2016, FDA rules state that omega-3 content claims can only be made for products with omega-3 ALA, and can no longer be made for products containing omega-3 DHA and EPA from products such as fish oil
- Non-GMO, gluten and allergen Free
- Light nutty taste



Nutrition Facts

Serving Size 2 tbsp (14g)

Amount Per Serving

Calories **25**

% Daily Value*

Total Fat 1g **1%**

Cholesterol 0mg

Sodium 0mg **0%**

Potassium 150mg **5%**

Total Carbohydrate 8g **2%**

Fibre 8g **30%**

Sugars 0g

Protein 5g

Vitamin A 0% • Vitamin C 1%

Calcium 13% • Iron 8%

Thiamin (B1) 9% • Niacin 7%

Phosphorous 16% • Magnesium 20%

Zinc 6% • Selenium 23%

Manganese 70% • Vitamin B6 8%

Chromium 66% • Biotin 77%

*The % Daily Value 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.



100-8151 Churchill Street East
Delta, British Columbia
V4K 0C2 | Canada

829 48th St E
Saskatoon, Saskatchewan
S7K 0X5 | Canada

1-800-655-1834
sales@food4change.com
food4change.com