



Revised By: ddavidson

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Bob's Red Mill Natural Foods

Product Specifications:

Product Name: GF OG Chia Seeds 5/12 oz

Product Number: P102100

Product Description: ORGANIC GLUTEN FREE CHIA SEEDS are made from a desert plant that produces edible seeds, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Organic Chia Seeds.

Allergen List: No Allergens.

Physical Properties:

Appearance: Whole organic Chia Seeds

Aroma: Clean with no rancid or off-odors.

Flavor: Clean with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	490.00
% Daily Value*	
Total Fat 26.60g	34%
Saturated Fat 2.80g	14%
Trans Fat 0.00g	
Cholesterol 0.00mg	0%
Sodium 18.00mg	1%
Total Carbohydrate 40.10g	15%
Dietary Fiber 38.90g	156%
Total Sugars 0.90g	
Includes 0.00g Added Sugars	0%
Protein 22.60g	
Vitamin D 0.00mcg	
Calcium 506.00mg	
Iron 7.87mg	
Potassium 761.00mg	
* The % Daily Value (DV) 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.	

Certifications:

<u>Kosher Certification:</u>	OK Kosher Certification of Brooklyn, New York
<u>Non-GMO Certification:</u>	Verified by the Non-GMO Project
<u>Audit Certification:</u>	SQF Food Safety Code: Food Manufacturing, ed. 9
<u>Organic Certification:</u>	Certified by Quality Assurance International (QAI)
<u>Gluten Free Certification:</u>	< 20 ppm gluten
<u>Fair Trade Certified:</u>	

Country of Origin: Mexico, Paraguay