

## Product Specifications and Information

### Black Chia Seeds

BAMR

Chia Seeds consumed ground or whole have been a staple food for the Aztec civilization thanks to their many benefits. Eat healthy, stay fit, and use it on your favorite foods!

#### Benefits

- More Protein & Fiber
- Omega-3
- Ca, Fe, Mg - All in One!

Ingredients	Allergens	Shelf Life	Origin	GMO Status
Chia	None	36 Months	Bolivia	Non-GMO

Specifications		Microbiological Specifications			
Botanical Name	Black Chia Seeds	Total Microorganisms	Result	Parameters	
Purity of Product	99.999%	Count	UFC/g	UFC or NMP/g	
Moisture	< 11%	Aerobic Mesophilic	0	100.000	1,0,E+06
Grain Size	1.5 mm (< 85%)	Total Coliforms	0	1.000	1,0,E+06
Atypical Grains	< 0.5%	Coliforms Stool	0	1.000	1,0,E+06
Foreign Material	< 0.01%	E. Coli	0	1.000	1,0,E+06
		Staphylococcus Aureus	0	10000	1,0,E+06
		Staphylococcus Aureus	Absence	Absence	Absence
		Mold and Yeasts	0	1.000	1,0,E+06
		Pesticide Residues	Absence	Absence	Absence

#### Kosher

Not certified

#### Packaging

Bulk: 25 lbs., 4-ply paper bags

#### Storage

Store tightly sealed in a cool, dry place out of direct sunlight



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**NUTRITION FACTS**

**Serving size** **28g**

Amount per serving

**Calories** **140**

**% Daily Value\***

**Total Fat** 9g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 12g **4%**

Dietary Fiber 11g **39%**

Total Sugars 0g

Added Sugars 0g **0%**

**Protein** 4g **8%**

**Vitamin D** 0mcg **0%**

**Calcium** 234mg **20%**

**Iron** 0mg **0%**

**Potassium** 940mg **20%**

\*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.