



# ULTIMATE CHIAlife™

## 100% Premium Chia Seed

- Organically Grown
- 5g Fiber per Serving
- Excellent Source of Omega-3 Fatty Acids
- Higher Protein Quality than Soy
- Rich in Vitamins & Minerals
- High Calcium Content
- High-ORAC Food with 6 Concentrated Antioxidants
- Gluten-Free, No Preservatives

### What is Chia?

Chia is the nutrient-dense seed of the *Salvia hispanica* plant. Recognized by the U.S. Food and Drug Administration as a “food with an established history of safe consumption,” chia is the richest known whole food source of both fiber and Omega-3 fatty acids—beneficial polyunsaturated fats that have been shown to promote healthy cardiovascular and neurological function.\* In addition, chia seeds provide a complete source of dietary protein, containing all nine of the essential amino acids.

Due to its significant antioxidant properties, chia is considered a High-ORAC Food by the U.S. Department of Agriculture. Such foods have earned high scores in an analysis called Oxygen Radical Absorbance Capacity, or ORAC, which measures the total antioxidant power of foods and other substances.

Research done in subjects with blood sugar imbalance has shown that chia is a low glycemic index food. Eating chia with other foods has been shown to help decrease blood sugar spikes an hour after a meal in some subjects.\*

### What Makes Ultimate CHIAlife™ Different?

ReNew Life uses only 100% organically grown premium chia seeds to guarantee the highest level of purity and quality in every bag of Ultimate CHIAlife.

### How to Enjoy Chia?

The pleasant, nutty flavor of our Ultimate CHIAlife seeds makes them a perfect addition to beverages, yogurt, cereal, soups, salads, casseroles and baked goods. You can even enjoy them right out of the bag for a nutritious snack anytime!

Available in 12 oz. Pouch or 16 oz. Canister

Supplement Facts		
Serving Size: 1 Tablespoon (12g)		
	Amount per Serving	%DV**
Calories	60	
Calories from fat	35	
Total Fat	4.0 g	6%
Saturated Fat	0.4 g	2%
Monounsaturated Fat	0.4 g	***
Polyunsaturated Fat	3.2 g	***
Trans Fat	0.0 g	***
Total Carbohydrate	5.0 g	2%
Dietary Fiber	5.0 g	20%
Soluble Fiber	1.0 g	***
Insoluble Fiber	4.0 g	***
Protein	2.5 g	5%
Calcium	60.0 mg	6%
Iron	0.8 mg	4%
Phosphorus	72.0 mg	7%
Magnesium	35.0 mg	9%
Potassium	64.0 mg	2%
Omega-3		
ALA (Alpha Linolenic Acid)	2,375 mg	***
Omega-6		
LA (Linoleic Acid)	875 mg	***
Omega-9		
OA (Oleic Acid)	290 mg	***

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*\*Daily Value not established.

Ingredients: Chia (*Salvia hispanica* L.) seed

**Directions:** For best results, mix one tablespoon (12g) into 4 to 8 ounces of liquid or food up to three times daily. No grinding needed.

**Warning:** Do not use if you have acute cough, acute diarrhea or obstructed bowel. Consuming this grain without enough liquid may cause choking. Do not consume if you have difficulty swallowing.



Ultimate CHIAlife was formulated by Brenda Watson, C.N.C., president of ReNew Life Formulas and the founder of natural healthcare clinics specializing in digestive care.



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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