



Ultimate CHIAlife™

100% Premium Chia Seed

- ISO 9001:2000 certified
- NSRI approved
- Organically grown
- Sustainable, fair trade harvesting
- Convenient stay-fresh pouch
- 5g fiber per serving
- Excellent source of Omega-3 fatty acids
- Higher protein quality than soy
- 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.

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. We have partnered with Benexia, a member of the Functional Products Trading, S.A. initiative created to ensure sustainable, fair trade harvesting practices of chia. In addition, our chia seeds are certified by the International Organization for Standardization (ISO 9001:2000) to ensure purity, superior manufacturing, and product traceability.

Finally, our chia has earned the Nutritional Science Research Institute Seal of Approval, having undergone extensive testing and ultimately determined by the NSRI to be a “versatile, user-friendly, exceptional and unique low-calorie source of Omega-3 fatty acids, dietary fiber, antioxidants, complete protein, iron, calcium and magnesium.”

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!

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Supplement Facts

Serving Size: 1 Tablespoon (12g) Servings per container: Approx. 28

	Amount per Serving	%DV**
Calories	40	
Calories from fat	35	
Total Fat	4 g	6%
Saturated Fat	1 g	5%
Monounsaturated Fat	.25 g	***
Polyunsaturated Fat	2.75 g	***
Trans Fat	0 g	***
Total Carbohydrates	5 g	2%
Dietary Fiber	5 g	20%
Soluble Fiber	1 g	***
Insoluble Fiber	4 g	***
Protein	2 g	4%
Vitamin C	6 mg	10%
Calcium	76 mg	8%
Iron	1.8 mg	10%
Phosphorus	150 mg	15%
Magnesium	38 mg	10%
Potassium	85 mg	2%

Omega-3 EFAs		
ALA (Alpha Linolenic Acid)	2406 mg	***
Omega-6 EFAs		
LA (Linoleic Acid)	792 mg	***
Omega-9 FAs		
OA (Oleic Acid)	294 mg	***

** Percent Daily Values 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.

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 sourced by Brenda Watson, C.N.C., president of ReNew Life Formulas and the founder of five natural healthcare clinics specializing in internal cleansing and detoxification.



*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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