

## CHIA SEEDS - SUPPLEMENT FACTS

Serving Size: 2 oz. (57 grams, approx. 1/3 cup)

Calories	277 kcal
Carbohydrates	24.0 g
Dietary Fiber	19.6 g
Fat	17.5 g
Saturated	1.90 g
Monounsaturated	1.32 g
Polyunsaturated	13.5 g
Omega-3	10163 mg
Omega-6	3326 mg
Protein	9.43 g

## MINERALS

Calcium	360 mg
Iron	4.40 mg
Magnesium	191 mg
Manganese	1.55 mg
Phosphorus	490 mg
Potassium	232 mg
Sodium	9.12 mg

Zinc	2.61 mg
Copper	0.53 mg
Selenium	31.5 ug

## VITAMINS

Vitamin A equiv	30.8 ug
Thiamine (B1)	0.35 mg
Riboflavin (B2)	0.10 mg
Niacin (B3)	5.03 mg
Folate (B9)	27.9 ug
Vitamin C	0.91 mg
Vitamin E	0.29 mg

## AMINO ACIDS

Tryptophan	249 mg
Threonine	404 mg
Isoleucine	457 mg
Leucine	781 mg
Lysine	553 mg
Methionine	335 mg
Cystine	232 mg
Phenylalanine	579 mg
Tyrosine	321 mg

Valine	542 mg
Arginine	1222 mg
Histidine	303 mg
Alanine	595 mg
Aspartic acid	963 mg
Glutamic acid	1995 mg
Glycine	528 mg
Proline	442 mg
Serine	598 mg