



International FoodsourceBLACK CHIA SEEDS; INGREDIENTS: CHIA SEEDS; MAKE CHIA PUDDING; PUT THEM INTO SMOOTHIES OR SALAD DRESSINGS; BAKE THEM INTO BAKED GOODS LIKE MUFFINS OR BREADS; USE THEM FRO GRANOLA OR ENERGY BARS. ALSO, USE THEM IN COOL CHIA DRINKS. ADD THEM TO WATER OR COCONUT WATER. VEGETARIAN; VEGAN; GLUTEN-FREE; NON-GMO; FLAVOR AND TEXTURE TYPICAL OF CHIA SEEDS; KOSHER.



MARKETING

PRODUCT SPECIFICATIONS

Code		GTIN			Pack Description		
23357		10790429233577			1/10 LB		
Brand		Brand Owner		GPC Description			
International Foodsource		International Foodsource		Nuts/Seeds - Unprepared/Unprocessed (Perishable)			
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin	Kosher	Child Nutrition	
11.02 LBR	10 LBR	No		Argentina	Undeclared	No	
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
12.3 INH	6.3 INH	6.5 INH	0.29 FTQ	21x10	237 Days	60 FAH / 77 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors		
N/A		N/A	N/A		N/A		

HANDLING SUGGESTIONS

Cold & Dry---UNIT UPC: 790429233577---

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; INII = 'Intentionally nor Inherently Included' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk - MC
- Peanuts - MC
- Eggs - MC
- Tree - MC
- Soybean - MC
- Fish - N
- Wheat - MC
- Shellfish - N
- Sesame - N
- Crustaceans - N
- Molluscs - N

Nutrition Facts

153 Servings per container	
Serving Size	0.125 CUPS
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 10 g	15%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrates 13 g	4%
Dietary Fiber 11 g	44%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 190 mg	20%
Iron 2.4 mg	15%
Potassium 120 mg	2%
* The % Daily Values (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.	

INGREDIENTS

BLACK CHIA SEEDS

23357 - Chia Seeds

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PREPARATION & COOKING SUGGESTIONS



UNPACK AND EAT.

SERVING SUGGESTIONS



MAKE CHIA PUDDING; PUT THEM INTO SMOOTHIES OR SALAD DRESSINGS; BAKE THEM INTO BAKED GOODS LIKE MUFFINS OR BREADS; USE THEM FRO GRANOLA OR ENERGY BARS. ALSO, USE THEM IN COOL CHIA DRINKS. ADD THEM TO WATER OR COCONUT WATER.

MORE INFORMATION

