

ORGANIC

# Mamma Chia

SEED YOUR SOUL<sup>®</sup>



## Organic Chia Seeds



Omega-3s Protein Fiber Calcium Magnesium

MammaChia.com



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We LOVE Chia! That's why we use only the highest quality, USDA Certified Organic, Non-GMO Verified chia seeds in all of our Mamma Chia offerings. We are delighted to share these magical seeds so you can create delicious chia dishes in your own kitchen!

Chia seeds are rich in Omega-3s, antioxidants, protein and fiber making them a wonderful and nutrient rich addition to salads, smoothies, baked goods and so many more tasty dishes! Our Organic Chia Seeds will naturally provide the vitality you need to power your soul's purpose.

## Chia is one of the most nutrient rich foods in the world\*

**8x More Omega-3 Than Salmon**



**25% More Fiber Than Flaxseed**



**30% More Antioxidants Than Blueberries**



**6x More Iron Than Kidney Beans**



**5x More Folate Than Spinach**



**2x More Potassium Than Bananas**



**70% More Protein Than Soy Beans**



**6x More Calcium Than Milk**



**15x More Magnesium Than Broccoli**



\*Based on a gram for gram comparison with chia seeds

### Organic Black Chia



12 oz Pouch  
Ingredients:  
Organic Chia Seeds



6 oz Pouch  
Ingredients:  
Organic Chia Seeds



### Organic White Chia



12 oz Pouch  
Ingredients:  
Organic Chia Seeds



**Mamma Chia®**  
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