

ORGANIC

Mamma Chia

SEED YOUR SOUL[®]



Chia Squeeze Vitality Snack



- Chia + Fruit + Vegetables
- 1200mg Omega-3s
- 70-80 Calories
- Good Source of Fiber
- Gluten Free & Vegan
- Complete Protein

MammaChia.com



Mamma Chia®

SEED YOUR SOUL®

Power Your Soul's Purpose!

Squeeze some natural vitality and powerful nutrients into your day! Our organic chia seeds are infused with delicious fruits and vegetables to create a convenient, fun and tasty snack for active souls of all ages. Packed with essential Omega-3s, protein, and fiber, Chia Squeeze is a satisfying anytime snack that naturally provides the vitality to power your soul's purpose!

- 1200mg Omega-3s
- Chia + Fruit + Vegetables
- 4g of Fiber
- Gluten Free & Vegan



Cherry Beet
hydrated organic chia seeds (water, organic chia seeds), organic apple puree, organic apple juice concentrate, organic cherry beet juice concentrate, organic natural cherry flavors, citric acid, fruit and vegetable juice for color.



Blackberry Bliss
Hydrated Organic Chia Seeds (Water, Organic Chia Seeds), Organic Apple Puree, Organic Grape Juice Concentrate, Organic Blackberry Puree, Organic Blackberry Juice Concentrate, Organic Purple Carrot Juice Concentrate, Citric Acid, Organic Natural Blackberry Flavor, Organic Natural Blueberry Flavor.



Green Magic
Hydrated Organic Chia Seeds (Water, Organic Chia Seeds), Organic Banana Puree, Organic Mango Puree, Organic Apple Juice Concentrate, Organic Lemon Juice, Organic Spirulina, Organic Chlorella, Organic Natural Mango Flavor, Citric Acid, Organic Kale, Organic Natural Pineapple Flavor.



Mango Coconut
Hydrated Organic Chia Seeds, (Water, Organic Chia Seeds), Organic Mango Puree, Organic Banana Puree, Organic Apple Juice Concentrate, Organic Carrot Puree, Organic Coconut Cream, Organic Pineapple Juice Concentrate, Organic Orange Juice Concentrate, Citric Acid, Organic Natural Mango Flavor, Organic Natural Coconut Flavor.



Strawberry Banana
Hydrated Organic Chia Seeds (Water, Organic Chia Seeds), Organic Banana Puree, Organic Apple Juice Concentrate, Organic Strawberry Puree, Organic Beet Puree, Organic Natural Strawberry Flavor, Organic Berry Flavor, Citric Acid.



Wild Raspberry
Hydrated Organic Chia Seeds (Water, Organic Chia Seeds), Organic Banana Puree, Organic Raspberry Juice Concentrate, Organic Apple Juice Concentrate, Organic Beet Puree, Organic Natural Berry Flavors, Citric Acid, Fruit and Vegetable Juice for Color.



Nutrition Facts

Serving Size 1 Pouch (99g)

Amount Per Serving

Calories 70-80 Fat Cal 20

Calcium 4% • Iron 2%

Not a significant source of Sat Fat, Trans Fat, Cholest, Vit A or Vit C.

*Percent Daily Values are based on a 2,000 calorie diet.

Amount Per Serving % DV*

Total Fat 2g 3%

Sodium 10mg 0%

Potassium 70mg 2%

Total Carb 10mg 3%

Dietary Fiber 4g 16%

Sugars 7g

Amount Per Serving % DV*

Protein 2g 4%

Omega-3 2500mg

Omega-6 400mg

Omega-9 210mg

*Percent Daily Values are based on a 2,000 calorie diet.

*Mango Coconut is an 80 calorie pouch



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