



Mamma Chia

SEED YOUR SOUL®

Seed Your Soul®

We lovingly combine sweet and savory flavors with the powerful nutrients of chia to create a delicious, anytime snack! Each Organic Chia Vitality Bar delivers 1000mg of Omega-3s, protein, and fiber along with a subtle 4 grams of sugar, making it the perfect bar to power your soul's purpose!

With joy and gratitude, *Janie*
Founder/CEO

- 🌿 1000mg Omega-3s
- 🌿 Only 4g Sugar
- 🌿 Gluten Free
- 🌿 Good Source of Fiber

Caramel & Sea Salt *with Chia*

Ingredients: organic nut blend (organic almonds, organic roasted peanuts, organic walnuts), fair trade organic tapioca syrup, organic quinoa, organic blue weber agave inulin, organic chia seeds, organic popped sorghum, organic agave, organic chia seed oil, organic caramel, sea salt, organic peanut butter, natural flavors, organic soy lecithin. Contains: peanuts, tree nuts (almonds, walnuts), soy. May Contain: nutshell fragments.



Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*
	Total Fat 8g	12%	Total Carb. 19g	6%
Serv. Size 1 Bar (35g)	Sat Fat 0.5g	3%	Dietary Fiber 5g	20%
Calories 150	Trans Fat 0g		Sugars 4g	
Fat Cal 70	Cholesterol 0mg	0%	Protein 3g	3%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium 140mg	6%	Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 2%	
Additional Facts: Omega-3 1000mg • Omega-6 1300mg • Omega-9 2900mg				

12 bars/tray
Net weight: 1.2 OZ (35g)



Peanut Butter & Sea Salt *with Chia*

Ingredients: organic nut blend (organic roasted peanuts, organic almonds), fair trade organic tapioca syrup, organic quinoa, organic blue weber agave inulin, organic chia seeds, organic popped sorghum, organic agave, organic chia seed oil, natural flavors, sea salt, organic peanut butter, organic soy lecithin. Contains: peanuts, tree nuts (almonds), soy. May Contain: nutshell fragments.



Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*
	Total Fat 8g	12%	Total Carb. 19g	6%
Serv. Size 1 Bar (35g)	Sat Fat 1g	5%	Dietary Fiber 5g	20%
Calories 150	Trans Fat 0g		Sugars 4g	
Fat Cal 70	Cholesterol 0mg	0%	Protein 4g	5%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium 140mg	6%	Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 2%	
Additional Facts: Omega-3 1000mg • Omega-6 850mg • Omega-9 1600mg				

12 bars/tray
Net weight: 1.2 OZ (35g)



Maple & Glazed Pecan *with Chia*

Ingredients: organic nut blend (organic almonds, organic pecans, organic roasted peanuts), fair trade organic tapioca syrup, organic brown rice crisps (organic whole grain brown rice flour, calcium carbonate), organic quinoa, organic blue weber agave inulin, organic chia seeds, organic popped sorghum, organic agave, organic chia seed oil, sea salt, natural maple flavor, organic soy lecithin, natural flavors. Contains: peanuts, tree nuts (almonds, pecans), soy. May Contain: nutshell fragments.



Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*
	Total Fat 8g	12%	Total Carb. 20g	7%
Serv. Size 1 Bar (35g)	Sat Fat 1g	5%	Dietary Fiber 4g	16%
Calories 150	Trans Fat 0g		Sugars 4g	
Fat Cal 70	Cholesterol 0mg	0%	Protein 3g	3%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium 80mg	3%	Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 4%	
Additional Facts: Omega-3 1000mg • Omega-6 1000mg • Omega-9 3200mg				

12 bars/tray
Net weight: 1.2 OZ (35g)



Unit Size / UOM	Unit Dimensions	Case Pack	Case Weight	Case Dimensions	Shelf Life
12 bars/tray	6.5" L x 6" W x 2.25" H	4 trays/case or 48 bars/case	Net Wt: 4.65 lbs Gross Wt: 5.02 lbs	9.25" L 6.8125" W x 6.5" H	1 Year



ORGANIC

Mamma Chia

SEED YOUR SOUL[®]



4g
SUGAR

1000
mg
Omega-3s



Chia Vitality Bars



1000mg Omega-3s 🌱 Only 4g Sugar 🌱 Good Source of Fiber 🌱 Gluten Free

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