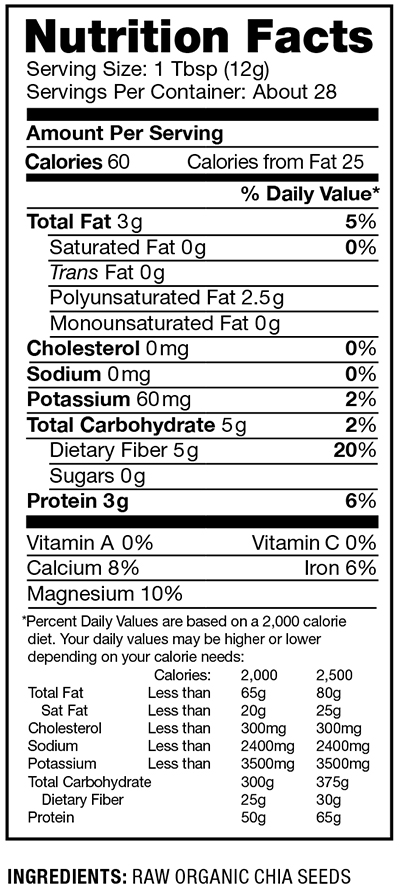
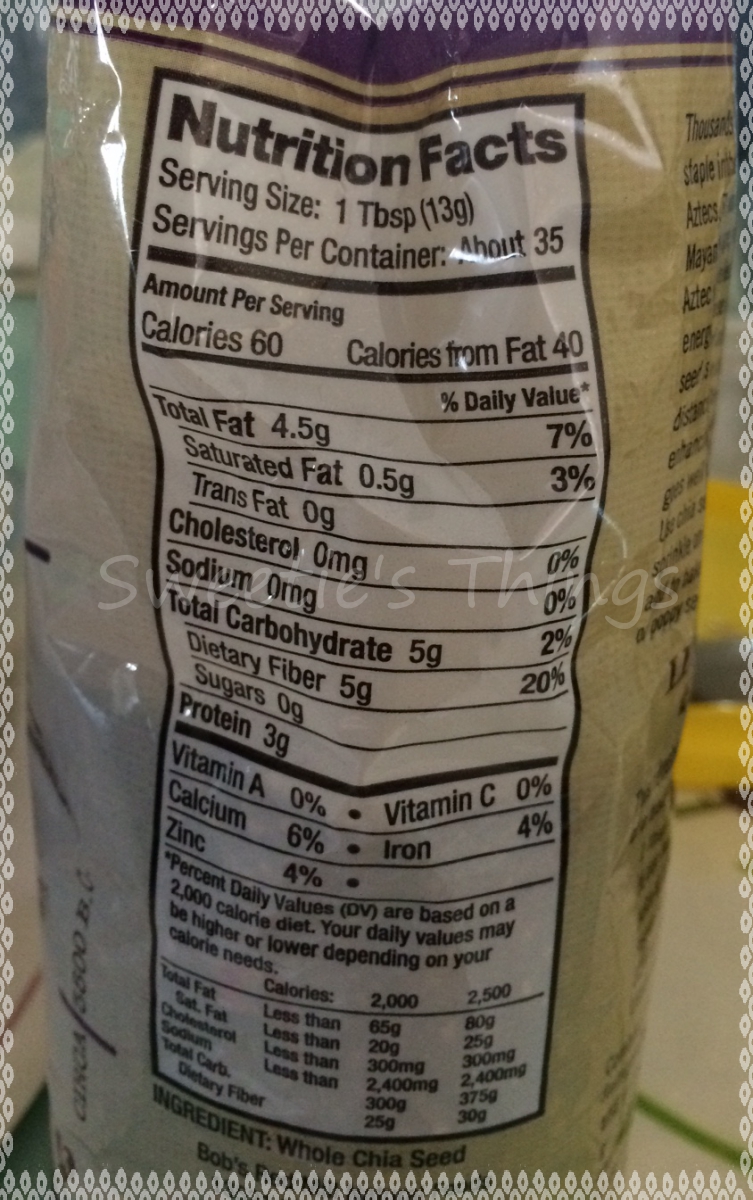
Please excuse the bad format. Format this properly for us. Thank you.

|  |
| --- |
| Nutrition Facts |
| Serving Size: 1 tablespoon (12g)  Serving Per Container: about 28 |
| |  |  | | --- | --- | | **Amount Per Serving**  **Calories** 60 | Calories from Fat 35 | |
| |  |  |  | | --- | --- | --- | |  | **% Daily Values \*** | | | **Total Fat** 4g | | 6% | | | Saturated Fat 0g | | 0% | | | Trans Fat 0g | | 0% | | | Omega-3 (Alpha-Linoleic Acid) 2.4g | | 150 % | | | Omega-6 (Linoleic Acid) 0.8g | | \*\* | | | **Cholesterol** 0g | | 0% | | | **Sodium** 0mg | | 0% | | | **Total Carbohydrates** 5g | | 2% | | | Dietary Fiber 5g | | 20% | | | Sugar 0g | |  | | | **Protein** 3g | | 6% | | |
|  |
| |  |  |  | | --- | --- | --- | | Calcium 75mg (8%) | \* | Potassium 75mg (2%) | | Iron 1.65mg (9%) | \* | Magnesium 42mg (10%) | | Zinc 0.33mg (2%) | \* | Phosphorus 100mg (10%) |     \*Percent Daily Values based on a 2,000 calories diet.  \*\* Daily Value not established  (add bottom half content from below) |
|  |

Ingredients: Raw Organic Chia Seeds

Use this format. But use information from above. Add bottom half content





Set up mineral and vitamin section like this.