

RAINFOREST SUPPLY

PURVEYOR OF FINE SUPERFOODS

Chia Powder

Origin Ecuador or Peru

Natural, Single Ingredient

Reviewed
10/2025

Ingredient	Chia
Process	Air dried
Fineness	95% passes Mesh No. 40
Moisture	< 10%
Color	Greenish brown
Flavor	Up to standard
Sterilization	None, not sterilized by fumigation nor irradiation
Availability	Inventory is kept at warehouse in South Florida
Shelf Life	12 months
Packaging	2 lb, 5 lb and 11 lb bags, retail and bulk sizes available complying with international standards

Nutrition Facts

Serving Size	100 grams (100 g)
Amount Per Serving	
Calories	405
	% Daily Value *
Total Fat 8.97g	12%
Saturated Fat 1.39g	7%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5.23mg	0%
Total Carbohydrate 47.38g	17%
Dietary Fiber 43.01g	154%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 33.8g	68%
Vitamin D 0mcg	0%
Calcium 1620mg	125%
Iron 22.31mg	124%
Potassium 1950mg	41%
Vitamin C 3.3mg	4%
Riboflavin 0.3mg	23%
Niacin 2.08mcg NE	13%
Magnesium 956.21mg	228%
* The % Daily Value (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.	

100% Real. Absolutely & irrefutably natural. No hidden sugars, substitute sugars, fillers, gums, artificial flavors or petroleum based food dyes. We find, qualify, and supervise all of our suppliers to offer the best quality and value. Verifying certifications as well as claims, traceability, food safety, tracking harvesting dates, reviewing processes, and being vigilant on storage while continually auditing and spot-checking to keep our quality consistent. Rainforest Supply and its facilities are registered with the U.S. FDA pursuant to the Federal Food Drug and Cosmetics Act. References to the rainforest are thematic, all of our products are sustainably and ethically sourced.

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