

## Product Specification CHIA SEEDS

Originally from Mexico and Central America, the Aztecs and Mayas used to consume this seed as an energy booster for the messengers who had to travel hundreds of kilometers. In fact, 'chia' is the Mayan word for 'strength'. Today, this super seed has grasped the attention of the world due to the essential wholefood nutrition that is often lacking in the modern diet.

### Process:

Once the Chia seeds are harvested, they are transported to a processing facility, where all foreign material is removed. Once the seeds reach the required purity, they are packaged.

### Description:

Chia seeds are small, round, semi flattened, and black, white and gray color. Chia seeds have an excellent source of healthy essential fatty acids. Due to the presence of soluble and insoluble fiber, Chia seeds are one of the most digestible plant proteins and an excellent source of dietary fiber. Moreover, it's rich with antioxidants, minerals and vitamins.

### Scientific Name

*Salvia hispanica* L

### Family

Lamiaceae

### Origin

Peru



### Characteristics:

PHYSICAL AND CHEMICAL CHARACTERISTICS	
<b>Taste:</b>	Characteristic
<b>Appearance:</b>	Small round semi--flat seeds
<b>Smell:</b>	Characteristic
<b>Color:</b>	Black, white and gray
<b>Moisture</b>	< 13.00%

GRAIN QUALITY		
Damaged	---	
Broken	---	
Inmature	---	
Sprouted	---	
Infested	Absent	
Whole Grain	> 99.50%	
PURITY OF GRAIN		
Metals	Absent	
Insects	Absent	
Stones	---	
Straws	---	
Foreign Seeds	---	
Purity	> 99.99%	
MICROBIOLOGICAL CHARACTERISTICS		
Total Aerobes Mesophilic	< 1x10 <sup>6</sup>	cfu/g
Coliforms	< 10 <sup>3</sup>	cfu/g
E. Coli	Absent	cfu/g
Yeasts	< 10 <sup>4</sup>	cfu/g
Molds	< 10 <sup>4</sup>	cfu/g
Salmonella	Absent	in 25g
Bacillus Cereus	< 10 <sup>4</sup>	cfu/g

NUTRITION (in 100gr) *		
<b>Energy</b>	<b>2129</b>	<b>kJ</b>
<b>Proteins</b>	<b>19.54</b>	<b>g</b>
<b>Fat</b>	<b>30.74</b>	<b>g</b>
Saturated**	3.30	g
Trans**	0.00	g
Polyunsaturated**	26.70	g
Omega 3***	19.30	g
Omega 6***	7.30	g
<b>Dietary Fiber</b>	<b>34.40</b>	<b>g</b>
<b>Carbohydrates</b>	<b>42.12</b>	<b>g</b>
<b>Water</b>	<b>5.80</b>	<b>g</b>
Calcium	631	mg

Phosphorus	860	mg
Potassium	407	mg
Iron	7.72	mg
Zinc	4.58	mg
Thiamin / Vitamin B1	0.62	mg

NUTRITION (in 100gr) *		
Riboflavin / Vitamin B2	0.17	mg
Niacin / Vitamin B3	8.83	mg
Vitamin C	1.60	mg
Vitamin E	0.50	mg

(\*) Values may vary

(\*\*) Part of Fat

(\*\*\*) Part of Polyunsaturated Fat

**Packaging:**

Triple layer kraft paper bags of 25kg net.  
 Retail bags of any size (200gr, 500gr, 1kg, etc.)  
 According to clients request.

**Life-time and storage conditions**

24 months in adequate conditions: indoor (no direct sunlight), cool, ventilated, dry environment:  
 Temperature: < 30°C  
 Relative Humidity: 45% --- 75%

**Uses**

Chia seeds are used for direct consumption as a supplement in juices, smoothies, yogurts, salads, and creams. Also Chia seeds are used for bakery and pastry.

**Allergens:**

We certify that the following food allergens are NOT present by direct addition (ingredient, food additive, processing aid, etc) or by cross contamination (products production line, transportation, etc.) of our product:

Crustaceans	Milk	Soybean	Mustard
Eggs	Mollusk	Tree nuts	Celery
Fish	Peanut	Wheat	
Lupine	Seeds	Sulphites	

**Gluten Free:**

We certify that our product is naturally gluten free and is processed in facilities that only work with gluten free products.

**Non-GMO:**

We certify that our product has NOT been genetically modified.

**HS Code:**

1207.99.99.00 / 1208.90.00.00