

# CHIA

With its natural high nutritional benefits, chia brings about one of the major natural sources of omega 3, 6 and 9. It is also rich in fibres, fatty acids, proteins, calcium and magnesium.

It helps absorb fat, glucose and can help you get into a slimmer and healthy shape.

See our line of healthy chia products.



Black and white chia seeds, chia flour, chia compound oil, garlic flavor olichía, chimichurri flavor olichía, lemon pepper flavor olichía, basil flavor olichía and oregano flavor olichía.



## CHÍA OIL



**Weight:** 250ml  
**Aroma and flavour:**  
 Characteristic aroma and flavour of chia oil  
**Ingredients:**  
 Chia grain oil. Daily dose of 1 tablespoon (13g) per day.

### Bottle Barcode

7 898961 690094

### Box Barcode

17 898961 690091

## OLICHÍA



**Weight:** 250ml  
**Aroma and flavour:**  
 Characteristic aroma and flavour of chia oil  
**Ingredients:**  
 Chia oil (80%), Olive oil (20%).  
 Daily dose of 1 tablespoon (13g) per day.

### Bottle Barcode

7 898961 690063

### Box Barcode

17 898961 690060

To be consumed fresh

Óleo de Chia Nutritional Facts		
Portion of 13 ML (01 tablespoon)		RV
Energic Value	117 kcal	5%
Protein	0 g	-
Fat Total	12 g	22%
Saturated	1.3 g	7%
Monounsaturated	2.9 g	-
Polyunsaturated	7.8 g	-
Carbohydrates	0 g	1%
Fiber	4.0 g	**
Sodium	0 g	**
Omega 3	6.1 g	-
Omega 6	1.7 g	-

\*% Daily values based on a diet of 2,000 kcal or 8,400 kJ. Your values may be higher or lower depending on your energy needs.  
 \*\* Does not contain significant amounts of fibre and sodium.

Olichia e Olichia Sabores Nutritional Facts		
Portion of 13 ML (01 tablespoon)		RV
Energic Value	117 kcal	5%
Protein	0 g	-
Fat Total	12 g	22%
Saturated	1.3 g	7%
Monounsaturated	2.9 g	-
Polyunsaturated	7.8 g	-
Carbohydrates	0 g	1%
Fiber	4.0 g	**
Sodium	0 g	**
Omega 3	6.1 g	-
Omega 6	1.7 g	-

\*% Daily values based on a diet of 2,000 kcal or 8,400 kJ. Your values may be higher or lower depending on your energy needs.  
 \*\* Does not contain significant amounts of fibre and sodium.

Semente de Chia Nutritional Facts		
Portion: 1 teaspoon (16g)		
Portion per Package: about 15		
Calories 75		
Total Fat Calories 45		
		%Daily Value
Total Fat	5g	7,5%
Saturated Fat	0,5g	2,5%
Trans Fat	0g	-
Cholesterol	0mg	0%
Sodium	2,5mg	0%
Total Carbohydrates	6,5g	2%
Dietary Fiber	5,5g	22%
Sugar	0g	-
Proteins	2,5g	-

Vitamin A 0% Vitamin C 0%  
 Calcium 10% Iron 7,5%

Daily values are based on a 2000 - calorie diet that may be higher or lower than your requirement

Farinha de Chia Nutritional Facts		
Portion of 13 ML (01 tablespoon)		RV
Valor Energético	200 Kcal	6%
Carboidrato	22 g	7%
Proteína	13.2 g	18%
Gordura Total, das quais	7.5 g	13%
Gordura Saturada	0.7 g	3%
Gordura Trans	0.8 g	**
Gordura Poliinsaturada, das quais	6 g	**
Ômega 3	4.7 g	**
Ômega 6	1.3 g	**
Colesterol	0 mg	**
Fibra Alimentar	21.5 g	86%
Sódio	0 mg	**

\* Os valores diários estão baseados em uma dieta de 2.000 calorias que pode ser maior ou menor que a sua necessidade.



## LEMON PEPPER

### Bottle Barcode

7 898961 690056

### Box Barcode

17 898961 690053

## CHIMICHURRI

### Bottle Barcode

7 898961 690025

### Box Barcode

17 898961 690022

## BASIL

### Bottle Barcode

7 898961 690032

### Box Barcode

17 898961 690039

## OREGANO

### Bottle Barcode

7 898961 690049

### Box Barcode

17 898961 690046

## GARLIC

### Bottle Barcode

7 898961 690087

### Box Barcode

17 898961 690084

## BLACK CHIA SEEDS 250g



### Cód. Bars Packing

7 898994 607113

### Box Barcode

17898994607110

## WHITE CHIA SEEDS 250g



### Cód. Bars Packing

7 898994 607120

### Box Barcode

17898994607127

## CHIA FLOUR 250g



### Cód. Bars Packing

7 898994 607199

### Box Barcode

17898994607196

## CHIA AND OLICHIA OIL

NCM/ Tax Classification: 15159090  
 Origin: Paraguay  
 Product Box: 12 Units

## BLACK AND WHITE CHIA SEEDS

NCM/ Tax Classification: 12079990  
 Origin: Paraguay  
 Product Code: 40 Units

## CHIA FLOUR

NCM/ Tax Classification: 12079990  
 Origin: Paraguay  
 Product Code: 40 Units



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www.onixcomex.com

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 Distributor and Exporter  
 OnixComex Importação & Exportação  
 CNPJ: 30.754.481/0001-91

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 Brasília/Distrito Federal -Brasil  
 ZIP CODE: 70.712-904

