

1. **Product name:** Organic Chia Seeds.
2. **Country of origin:** Paraguay.
3. **Raw materials and ingredients:** Organic Chia Seeds.
4. **Intended use of the product:** Chia seeds can be consumed directly without processing. They are considered a superfood and are often used as a source of protein and omega 3 fatty acids to replace products of animal origin.
5. **Product sensitive or potentially sensitive personnel:** A normal daily intake of chia seeds is estimated at 15 gram (maximum). With relation to toxicity, chia seeds, there is no evidence to demonstrate adverse effects derived from chia seeds consumption. The product labelling as “salvia hispanica chia seeds” will allow consumers allergic to other seeds to avoid consumption.

Allergens	Presence	Absence
Cereals containing gluten, namely: Wheat, rye, barley, oats, spelt, kamut or their hybridised strains, and products thereof, except: (a) wheat based glucose syrups including dextrose (b) wheat based maltodextrins (c) glucose syrups based on barley (d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin		X
Crustaceans and products thereof		X
Eggs and products thereof		X
Fish and products thereof, except: (a) fish gelatine used as carrier for vitamin or carotenoid preparations (b) fish gelatine or isinglass used as fining agent in beer and wine		X
Peanuts and products thereof		X
Soybeans and products thereof, except: (a) fully refined soybean oil and fat (b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources (c) vegetable oils derived phytosterols and phytosterol esters from soybean sources (d) plant stanol ester produced from vegetable oil sterols from soybean sources		X
Milk and products thereof (including lactose), except: (a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin (b) lactitol		X

Nuts, namely: Almonds ( <i>amygdalus communis</i> L.), hazelnuts ( <i>corylus avellana</i> ), walnuts ( <i>juglans regia</i> ), cashews ( <i>anacardium occidentale</i> ), pecan nuts ( <i>carya illinoensis</i> (wangenh.) k. koch), brazil nuts ( <i>bertholletia excelsa</i> ), pistachio nuts ( <i>pistacia vera</i> ), macadamia or queensland nuts ( <i>macadamia ternifolia</i> ), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin.		X
Celery and products thereof		X
Mustard and products thereof		X
Sesame seeds and products thereof		X
Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO <sub>2</sub> which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers.		X
Lupin and products thereof		X
Molluscs and products thereof		X

**6. Organoleptic characteristics:**

Flavour	Characteristic of the product
Colour	Black, spotted grey
Texture	Firm
Odour	Characteristic without presence of unpleasant odours
Appearance	Small, oval seeds

**7. Microbiological characteristics:**

Total aerobic count	≤ 10 <sup>6</sup> CFU/g
E. Coli	< 10 CFU/g
Salmonella	Absence in 125 g
Mould count	< 10 <sup>4</sup> CFU/g
Listeria monocytogenes	Absence in 25 g
Bacillus cereus	< 100 CFU/g

**8. Physico-chemical characteristics:**

Moisture	≤ 8%
Purity	Min. 99,95%
Impurity	Max. 0,05%
GMO (Genetically Modified Organism)	The product is not subject to specific labelling in accordance with the EU legislation in the current valid version.
Pesticide residues	In accordance with the EC regulation on organic production of agricultural in the current valid version.
Heavy metals	In accordance with EU legislation setting maximum levels for certain contaminants in foodstuff in the current valid version.
Mycotoxins	In accordance with EU legislation setting maximum levels for certain contaminants in foodstuff in the current valid version.

**9. Nutritional information:** (Average values per 100 g)

Energy	1874 Kj/453 kcal
Fat	30 g
Carbohydrates	2,1 g
Sugars	0-2,3 g
Salt	< 0,01 g
Protein	22,4 g
Fibre	37,8 g
Ingredients	100% Organic Chia Seeds

**10. Shelf life:** Up to 36 months under proper storage conditions.

**11. Transport and storage conditions:** The product will be transported following correct hygiene practices, keeping the humidity and temperature stable.

**12. Logistics Information:**

- Bag type: 25 kg multi-layer paper or multi-layer polypropylene; Big bag 1000 kg polypropylene
- Pallet type: American pallet (1200x1000 mm), weight 1000 kg (40x25 kg)

\*The packaging complies with the EU legislation (Regulation N°1935/2004, Regulation N°10/2011).

*The information in this specification is general and non-binding. In order to assess the suitability of our products please contact: [hello@lovenaturesuperfoods.com](mailto:hello@lovenaturesuperfoods.com). All the parameters not mentioned in this specification comply with the EU foodstuff legislation.*