	PRODUCT SPECIFICATION	Page 1 de 4 Code: EP-007
	ORGANIC CHIA SEEDS	Version: 01/2015

## 1. DESCRIPTION

Chia seeds belong to *Salvia hispanica* L. species, a plant related to the mint family (Lamiaceae), which originated in Central America. It was the base food of Mayan and Aztec civilizations. It is currently regarded as the greater vegetable source of Omega-3. Chia seeds are 100% natural and free from GMO.

Seed Season: January/February  
Harvest Season: July/August

## 2. INGREDIENTS

Organic chia seeds

## 3. PHYSICAL / SENSORY PARAMETERS

- **PHYSICAL PURITY** >99.8 %; <0.2 % harmless traces of vegetables
- **COLOR** bright, in shades of grey, brown, black and white.
- **APPEARANCE** small oval seeds, 1.7 – 2.0 mm length
- **AROMA AND TASTE** fresh, typical from chia, nutty

## 4. MICROBIOLOGICAL PARAMETERS

### Parameter Expected values


- **Aerobic mesophilic count** <10<sup>6</sup> UFC/g
- **Total coliforms count** <10<sup>2</sup> NMP/g
- **Escherichia coli** <10 NMP/g
- **Salmonella** Absent in 25 g
- **Yeasts and molds** <10<sup>4</sup> UFC/g
- **Staphylococcus aureus** <10<sup>2</sup> UFC/g
- **Listeria monocytogenes** Absent
- **Bacillus cereus** <10<sup>2</sup> UFC/g
- **Clostridium perfringens** <10<sup>2</sup> UFC/g

## 5. - CONTAMINANTS

### HEAVY METALS - Parameter Expected values

- **Arsenic** <1 ppm
- **Cadmium** <1 ppm
- **Lead** <1 ppm
- **Mercury** <1 ppm

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	PRODUCT SPECIFICATION	Page 2 de 4 Code: EP-007
	ORGANIC CHIA SEEDS	Version: 01/2015


## 6. AFLATOXINS

- Aflatoxins <15 ppb

## 7. NUTRITION FACTS (amount per 100 g of product)

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Nutrients	Units	Values
Moisture	%	<8
Ashes	g	4.8
Energy	Kcal	520
Energy	Kj	2190
Protein	g	17-21
Carbohydrates	g	37-44
Fiber	g	33-37
Total fats	g	30-35
Total saturated fat	g	2-3
Total monounsaturated fat	g	2-3
Total polyunsaturated fat	g	23-26
Omega-3	g	19-21
Omega-6	g	6-8
<b>Minerals</b>		
Phosphorus	mg	860
Potassium	mg	407
Magnesium	mg	335
Sodium	mg	16
Calcium	mg	631
Iron	mg	7.2
Zinc	mg	4.58
Selenium	µg	55.2
<b>Vitamins</b>		
Thiamin	mg	0.620
Riboflavin	mg	0.170
Niacin	mg	8.830

Made by	Revised by	Approved by
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	PRODUCT SPECIFICATION	Page 3 de 4 Code: EP-007
	ORGANIC CHIA SEEDS	Version: 01/2015

Nutrients	Units	Values
<b>Amino acid profile</b>		
Tryptophan	G	0.436
Threonine	G	0.709
Isoleucine	G	0.801
Leucine	G	1.371
Lysine	G	0.970
Methionine	G	0.588
Cysteine	G	0.407
Phenylalanine	G	1.016
Tyrosine	G	0.563
Valine	G	0.950
Arginine	G	2.143
Histidine	G	0.531
Alanine	G	1.044
Aspartic acid	G	1.689
Glutamic acid	G	3.500
Glycine	G	0.943
Proline	G	0.776
Serine	G	1.049

<b>Fatty acid profile (g/100g fats)</b>			
Caproic acid (C6:0)	< 0.01	Palmitoleic acid (C16:1)	0.1
Caprylic acid (C8:0)	< 0.01	Stearic acid (C18:0)	3.6
Capric acid (C10:0)	< 0.01	Oleic acid (C18:1)	7.8
Undecylic acid (C11:0)	< 0.01	Linoleic acid (C18:2)	20.1
Lauric acid (C12:0)	< 0.01	Linolenic acid (C18:3)	61
Tridecylic acid (C13:0)	< 0.01	Arachidonic acid (C20:0)	0.4
Myristic acid (C14:0)	< 0.01	Gadoleic acid (C20:1)	0.2
Pentadecylic acid (C15:0)	< 0.01	Behenic acid (C22:0)	0.1
Palmitic acid (C16:0)	6.6	Lignoceric acid (C24:0)	0.1

## 8. PESTICIDES

Free of pesticides according to legislation.

## 9. CERTIFICATION

Organic USDA NOP by OIA S.A.  
kosher certified

Made by	Revised by	Approved by
Quality Department	Commercial Department	Director

	PRODUCT SPECIFICATION	Page 4 de 4
	ORGANIC CHIA SEEDS	Code: EP-007
		Version: 01/2015

## 10. PACKAGING

**Type of package:** 70 g/m<sup>2</sup> white laminate polypropylene bags  
**Net Content:** 25 Kg. per bag

**Storage conditions:** keep in a dry place (60-65% relative humidity) and at a temperature of 18-20° C.

**Shelf life:** 24 months as of harvest date.

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