



Forever® Gin-Chia®

Two ancient herbs: golden chia from the West and ginseng from the East, combine to create a modern miracle - Forever® Gin-Chia®. Let this powerful combination of herbs give your body back what your busy lifestyle takes out!

Golden Chia, or North American Sage, was used by southwest Native American Indians in the US at the turn of the century for its life-sustaining properties. Chia contains healthful polyunsaturated fatty acids, antioxidants, fiber, and protein.

Ginseng is legendary as a tonic, earning its name as the “King of Tonics.” It contains saponins, making ginseng an adaptogen (a compound that adapts its effects depending on the needs of the body). Ginseng is also a potent antioxidant.

Together these two legendary herbs pack a powerful punch to help you get through the day.

Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving | % Daily Value |
|--------------------------------------------------------------|---------------|
| Calories 5 | |
| Total Carbohydrate Less than 1g | <1%* |
| Vitamin C (as ascorbic acid) 50 mg | 80%* |
| Calcium (as tricalcium phosphate) 65 mg | 6%* |
| Premium Ginseng Blend, powdered (root) 60 mg | |
| Oriental Ginseng (<i>Panax ginseng</i>) 40 mg | † |
| Siberian Ginseng (<i>Eleutherococcus senticosus</i>) 20 mg | † |
| Chia (<i>Salvia hispanica</i>), powdered (seed) 160 mg | † |

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Sorbitol, honey, gum arabic, soy protein isolate, microcrystalline cellulose, silica, stearic acid, natural lemon flavor, ascorbyl palmitate, and cayenne.

Contains Soy.

CONTENTS
100 tablets

SUGGESTED USE

Take one tablet, three times daily as a dietary supplement.



- Powerful antioxidant
- Can help increase stamina and endurance
- Helps support healthy circulation



PRODUCT #047

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.