

21ST Century[®] Organics Golden Flaxseed Meal contains high lignan content to support healthy estrogen levels and Omega-3-6-9 Fatty Acids for healthy triglyceride & cholesterol levels. * Flaxseed is the richest known vegetarian source of omega-3 fatty acids. Research shows these omega-3 fatty acids may support a healthy heart and help maintain cholesterol levels which are within normal range. Flaxseed Meal may be sprinkled on cereal or yogurt; mixed with juice, sport or diet drinks or baked in your favorite breads.

Suggested use: Mix two (2) tablespoons with food or drink for maximum daily results, or as directed by a medical practitioner.

Each Serving Contains not less than:

1100 mg	Alpha Linolenic Acid (omega-3)
280 mg	Linoleic Acid (omega-6)
85 mg	Oleic Acid (omega-9)
180 mg	Palmitic & Stearic Acids

Baking tips: Ground flaxseed can be substituted for shortening or cooking oils at a ratio of 3 to 1 in baked goods. For example 1- 1/2 cups of ground flaxseed can replace 1/2 cup butter, margarine or cooking oils in a recipe. Baked goods tend to brown more rapidly when substituting flaxseed meal for cooking oil.

Keep refrigerated or freeze for longer product life. Do not use if product appears to be tampered with or seal is broken.

Unconditionally guaranteed for purity, freshness and label potency. Contains no sugar, salt, yeast, wheat, soy, corn, dairy products, preservatives or artificial flavors.

21ST Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com

Certified Organic By Natural Food Certifiers, Inc.



21ST
CENTURY[®]

Organics
100% Vegetarian

Golden Flaxseed Meal
100% Organic Flaxseed

NET WT 16 OZ (1LB) 454g
Dietary Supplement



Supplement Facts

Serving Size: 2 Tbsp (13g)
Servings Per Container: about 34

Amount Per Serving

Calories 60	Calories from Fat 40	% DV†
Total Fat	4.5 g	7%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrates	4 g	1%
Dietary Fiber	4 g	15%
Sugars	0 mg	0%
Protein	3 g	
Calcium (from Flaxseed)	200 mg	2%
Iron (from Flaxseed)	0.72 mg	4%

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Organic Whole Ground Golden Flaxseed.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

0808-8

