



Supplement Facts

Serving Size 1 Tbsp (15g)
Servings Per Container 30

	Amount Per Serving	%DV
Calories	70	
Calories from Fat 25		
Total Fat 3g		5%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 4mg		0%
Total Carbohydrate 8g		3%
Dietary Fiber 6g		24%
Soluble 1g		
Insoluble 5g		
Sugars 0g		
Protein 3g		
Calcium 49mg		4%
Iron 2mg		10%
Omega-3 (alpha-linolenic acid ALA) 1.25g		78%
Omega-6 (linoleic acid LA) 0.6g		†
Omega-9 (oleic acid OA) 0.5g		†

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