

## Flax Seed Powder

Flax Seed Powder is high in both soluble and insoluble fiber, lignans, and is a source of  $\omega$ -3 essential fatty acids. It is free of sugars, soy, dairy, fillers, flavors, and preservatives.

### Suggested Use

As a dietary supplement, put 1 level tablespoon in a large glass of water or juice. Stir well and drink immediately. Follow with an additional glass of water. Do not swallow in dry form. Flax Seed Powder is safe to use daily and can be added to blender drinks and baked goods. Substitute for bran, wheat germ and eggs in baking recipes (1 tablespoon of Flax Seed Powder and 3 tablespoons of water equals one egg; mix and let stand for 30 seconds).

Manufactured using an exclusive process (low temperature pressed at 86-92°F), which eliminates light and oxygen. Refrigerate after opening.



# Flax Seed Powder

**Hypoallergenic**

Dietary Supplement

16 oz./454 grams

## Supplement Facts

Serving Size 1 Tablespoon (approx. 9 g)  
Servings Per Container 50

Amount Per Serving		Amount Per Serving		% Daily Value *	
Calories	50	Flax Seed Powder	9 g		†
Calories from Fat	31	Lignans	43 mg		†
		Omega-3 Fatty Acids	670 mg		†
	% Daily Value *	Omega-6 Fatty Acids	190 mg		†
Total Fat	3 g 6%	Omega-9 Fatty Acids	210 mg		†
Total Carbohydrates	3 g 1%				
Dietary Fiber	2 g 8%				
Protein	2 g 4%				
Calcium	21 mg 2%				
Magnesium	31 mg 8%				

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.



Formulated exclusively  
for NutriCology®  
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