

Flax Seed Powder

Flax Seed Powder is high in both soluble and insoluble fiber. It is one of nature's richest sources of lignan and omega-3 essential fatty acids. Flax Seed Powder has a delightfully nutty taste and is a safe alternative to psyllium and other fiber supplements.* 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 followed 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 sensitivity after opening.

*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.



Formulated exclusively for
Allergy Research Group®
Alameda, CA 94502
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Allergy Research Group

Flax Seed Powder



dietary supplement
HYPOALLERGENIC
16 oz./454 grams

Supplement Facts

Serving Size

1 Tablespoon (approx. 9 g)

Servings Per Container

50

Amount Per Serving		
Calories		40
Calories from Fat		10
% Daily Value*		
Total Fat	1 g	2%
Total Carbohydrates	3 g	1%
Dietary Fiber	3 g	12%
Protein	3 g	6%
Niacin	0.7 mg	3%
Calcium	46 mg	5%
Iron	2 mg	11%
Phosphorus	100 mg	10%
Magnesium	58 mg	15%

Amount Per Serving		
% Daily Value		
Zinc	0.9 mg	6%
Copper	0.2 mg	10%
Manganese	5 mg	250%
Flax Seed Powder		
Lignans	43 mg	†
Omega-3 Fatty Acids	670 mg	†
Omega-6 Fatty Acids	190 mg	†
Omega-9 Fatty Acids	210 mg	†

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