

## **Nutrition Facts**

Serving Size 2 Tablespoons (15 g) Servings Per Container about 28

Amount Per Serving			
Calories 90			Calories from Fat 6
7			%Daily Value
Total Fat 6g			10
Saturated Fat 0.5g			3
Trans Fat 0g			
Polyunsaturated Fat 4.5g	N		
Monounsaturated Fat 1g			
Cholesterol 0mg			0
Sodium 15mg			11
Potassium 90mg			3
Total Carbohydrate 4g			19
Dietary Fiber 4g			16
Soluble Fiber 2g			
Insoluble Fiber 2g			
Sugars 0g			
Protein 3g			6
Vitamin A 0%		Vitamin C 05	
Calcium 2%			Iron 6
Vitamin B-6 25%	•		Zinc 4°
*Percent Daily Values are b may be higher or lower dep			2.500
Total Fat	Less than	2,000 65 g	2,500 80 q
Sat Fat	Less than	20 g	25 q
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Only a handful of foods contain the essential fatty acids your body needs every day. Our Organic Flax Seeds Powder delivers some of the highest concentrations of Alpha-Linolenic Acid (Omega-3) and Linoleic Acid (Omega-6) available in a food. Alpha-Linolenic Acid (Omega-3) and Linoleic Acid (Omega-6) are two fatty acids important for heart and circulatory health. Organic Flax Seeds Powder also contains the powerhouse nutrients Oleic Acid (Omega-9) and Lignans phytochemicals which play a part in the well-being of the body. In addition, this product is a good source of fiber to help you meet your nutritional requirements.

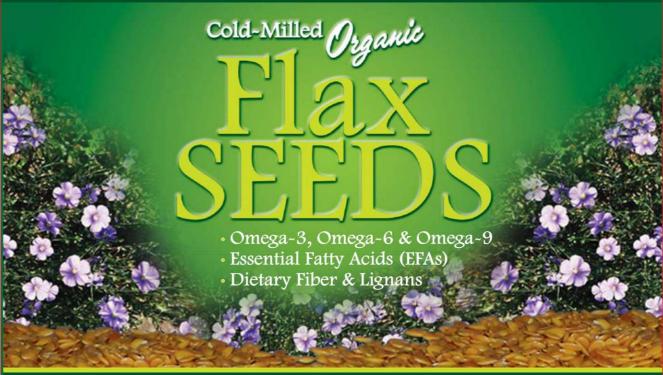
Take every day to ensure an adequate intake.

- Organic Flax Seeds Powder can be taken alone, or for an added treat, mix with your favorite cereal or yogurt.
- Share the nutritional wealth with your friends and family by adding Organic Flax Seeds Powder to your favorite recipes.

Directions: For adults, take one (1) to two (2) tablespoons (7.5 g to 15 g) of cold-milled flax seeds powder daily. Coldmilled flax seeds powder can be added to baked goods. blender drinks or sprinkled on cereal and salads. Take with plenty of fluids. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND KEEP REFRIGERATED OR STORE IN FREEZER. TAMPER RESISTANT DO NOT USE IF SEAL IS BROKEN OR MISSING



TO REORDER CALL 1-800-228-4533

Or Order On The Web www.vitaminworld.com

Product of Canada Carefully Manufactured for Vitamin World, Inc. Ronkonkoma, NY 11779 U.S.A. © 2007 Vitamin World, Inc.

Certified Organic by **Quality Assurance International** 

B10260 08D

Ingredient: Organic Cold-Milled Flax Seeds.

Net Wt. 15 oz. (425 g) Prod. No. 10260