

Nutrition Facts

Serving Size 2 Tablespoons (15g)		
Servings Per Container about 28		
Amount Per Serving		
Calories 90	Calories from Fat 60	
	%Daily Value*	
Total Fat 6g		10%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Polyunsaturated Fat 4.5g		
Monounsaturated Fat 1g		
Cholesterol 0mg		0%
Sodium 15mg		1%
Potassium 90mg		3%
Total Carbohydrate 4g		1%
Dietary Fiber 4g		16%
Soluble Fiber 2g		
Insoluble Fiber 2g		
Sugars 0g		
Protein 3g		6%
Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%
Vitamin B-6 25%	•	Zinc 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65 g 80 g
Sat Fat	Less than	20 g 25 g
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
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

INGREDIENT: Organic Cold-Milled Flax Seeds.

Only a handful of foods contain the essential fatty acids your body needs every day. Our Organic Cold-Milled Flax 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. This organic, vegan formula 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.

- Solgar's Organic Cold-Milled Flax 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 this 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 daily. Cold-milled flax 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.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TO ENSURE FRESHNESS AFTER OPENING, KEEP REFRIGERATED OR STORE IN FREEZER.

Since  1947

EARTH SOURCE®

ORGANIC COLD-MILLED FLAX

NATURAL
OMEGA-3
VEGAN SOURCE

Promotes Heart & Cardio Health
Source of Fiber
Omega 3, Omega-6 & Omega-9
Natural Lignans

Net Wt. 15 oz. (425 g)



DO NOT USE IF SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4

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www.solgar.com

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