Nutrition Facts

Serving Size 2 Tablespoons (15g)

Cholesterol

Potassium

Total Carbohydrate

Calories per gram:

Fat 9 . Carbohydrate 4 . Protein 4

Dietary Fiber

Servings Per Contains			
Amount Per Servii	ng		
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 Fa	it 1g		
Cholesterol 0mg			0%
Sodium 15mg			1%
Potassium 90mg			3%
Total Carbohydrate 4	g		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%
	are based on a 2,000 calor r depending on your calor		alues
	Calories:	2,000	2,500
Total Fat Sat Fat	Less than Less than	65 g 20 g	80 g 25 g

Less than

2.400 mg

2.400 mg

3.500 mg

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-8) and Linoleic Acid (Omega-8) 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.

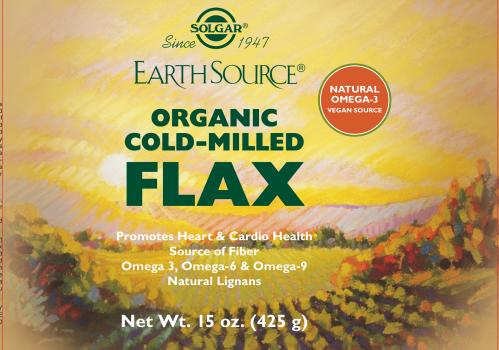
Take every day to ensure an adequate intake.

Solgar's Organic Cold-Milled Flax can be taken alone, or for an added treat, mix with your favorite cereal or yourt.

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 FREFZER





MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free

DO NOT USE IF SEAL IS

1-877-SOLGAR 4 Visit Us On The Web

www.solgar.com

Carefully Manufactured for Solgar, Inc. 500 Willow Tree Road Leonia, NJ 07605 USA

Certified Organic by
Quality Assurance International
Product of Canada

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