

CODE 081301

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GNC Natural Brand™ Cold-Milled Flax Seeds have fiber, protein, lignans and omega fatty acids. Flax seeds are naturally low in saturated fat and cholesterol-free. Each serving supplies 3 grams of fiber, approximately 110 milligrams of lignans and 4,800 milligrams of omega 3-6-9 fatty acids:

- Fiber helps maintain a healthy digestive tract and provides relief of occasional constipation.
- Lignans are phytonutrients found in certain vegetables, grains, legumes and seeds. Emerging research indicates lignans have antioxidant activity and may provide general health benefits.
- Omega fatty acids play an important role in maintaining the integrity and structure of body tissues.

For more information: 1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by: General Nutrition Corporation
Pittsburgh, PA 15222

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GNC NATURAL BRAND™

Cold-Milled
Flax Seeds

Each 15 gram serving of GNC
Natural Brand™ Cold-Milled Flax
Seeds provides:

Typical Fatty Acid Profile per Serving:	
Alpha-Linolenic Acid (ALA) (omega-3)	3000 mg
Linoleic Acid (LA)(omega-6)	900 mg
Oleic Acid (OA)(omega-9)	900 mg
Lignans	110 mg

This resealable pouch is immediately vacuum packed to remove air and exclude light, which ensures superior freshness and flavor.

Refrigeration not necessary until pouch is opened. GNC Natural Brand™ Flax Seeds are best used within 45 days of opening. If not used daily, product can be frozen to extend shelf life and preserve taste.

GNC NATURAL BRAND™

Certified Organic
Cold-Milled
Flax Seeds



Supplies Omega-3 and Omega-6 Essential
Fatty Acids, Fiber, Lignans and Protein

NET WT. 15 OZ. (425g)



DIRECTIONS: Take 2-4 tablespoons daily. May be sprinkled on cereal, salads, snacks and other foods.

Nutrition Facts

Serving Size 2 tablespoons (15 g)
Servings Per Container 28

Amount Per Serving	
Calories 90	Calories from Fat 60
% Daily Value†	
Total Fat 6 g	9%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Polyunsaturated Fat 5 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0%
Sodium 5 mg	<1%
Total Carbohydrate 4 g	1%
Dietary Fiber 4 g	16%
Protein 3 g	
Calcium	4%
Iron	4%

Not a significant source of vitamin A and vitamin C.

† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Organic cold-milled flax seed.

No Artificial Colors, No Artificial Flavors,
No Preservatives, No Additives.

