

**NUTRITION INFORMATION**

Typical values:	Per 100g	%RI*	Per 15g	%RI*
Energy	5001.5kJ 1200.5kcal	60 60	750.2kJ 180.1kcal	9 9
Total Fat	39.7g	56.7	6.0g	8.5
of which:				
- Saturates	3.7g	18.5	0.6g	2.8
- Monounsaturates (omega 9 FA)	8.2g		1.2g	
- Polyunsaturates	25.9g		3.9g	
Carbohydrates	34g	13.1	5.1g	2.0
of which:				
- Sugars	1.6g	1.8	0.2g	0.3
Fibre	26.2g		3.9g	
Protein	20.2g	40.4	3.0g	6.1
Salt	0.1125g	1.9	0.0169g	0.3

Alpha-linolenic acid (omega 3 EFA)	23.3g		3.5g	
Linoleic acid (omega 6 EFA)	6.2g		0.9g	
Lignans	1.3g		0.2g	

\* RI = Reference Intake of an average adult (8400kJ / 2000kcal)

This pack provides more than 16 x 15g portions.

**INGREDIENTS:** Organically grown golden sprouted flax seeds.

**DOES NOT CONTAIN:** soya, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings. No added sugar, salt or starch.

Suitable for vegetarians and vegans. This product is not tested on animals.

# HIGHER NATURE®

**Ω OMEGA EXCELLENCE**

## Organic Sprouted Flax Seeds

Fibre, lignans  
& omegas 3, 6 & 9

Vegan **250g**  
Ground seeds



GB-ORG-04  
Canadian Agriculture

## Organic Sprouted Flax Seeds

✓ High in fibre, protein and omega 3.

Naturally sweet **Organic Sprouted Flax Seeds** are a good source of lignans, fibre, protein, Omega 3 and magnesium. The process of sprouting helps improve enzyme activity and may increase the content of macro and micro nutrients within the food.

Sprinkle over salads or breakfast cereal, blend into drinks and smoothies or stir into yoghurt. Tastes great straight from the spoon.

Not suitable for cooking or baking.

This superior PET jar is  
100% stable & non toxic.

Contents may settle during transit.

**STORE IN A COOL, DARK PLACE. REFRIGERATE AFTER OPENING AND IS BEST CONSUMED WITHIN 3 MONTHS.**

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK  
www.highernature.com

**250g**

OESF250

109



OESF-307-01

