

Spectrum
ESSENTIALS®

Ground Flaxseed

WITH MIXED BERRIES

OMEGA-3 & SUPER FRUITS



LIGNANS
80 mg
PER SERVING

Ground Flaxseed with Bits of Real
Blueberries, Strawberries, Cranberries,
Raspberries and Elderberries

Rich in Omega-3 (ALA) Fatty Acids

3g Dietary Fiber Per Serving

DIETARY SUPPLEMENT

®

2.4g OMEGA-3



NET WT. 12 OZ
340 g

Supplement Facts

Serving Size 2 Tbsp (14g)
Servings Per Container 24

Amount Per Serving	% Daily Value
Calories 70	
Total Fat 5g	6%*
Total Carbohydrate 5g	2%*
Dietary Fiber 3g	10%*
Sugars 2g	**
Includes Added Sugars 1g	2%
Protein 3g	
Calcium 25mg	2%
Iron 0.8mg	4%
Magnesium 43mg	10%
Omega-3 (alpha-linolenic acid ALA) 2.4g	150%
Omega-6 (linoleic acid LA) 0.5g	**
Omega-9 (oleic acid OA) 0.7g	**
Lignans (SDG) 80mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

INGREDIENTS: Organic ground flaxseed, dried triple berry blend (Dried cranberries, dried blueberries, dried strawberries, sugar, sunflower oil, ascorbic acid [vitamin c]), dried raspberries, dried elderberries.