

Herbal Secrets™ Flaxseed Powder is grounded from the seeds of the plant *Linum usitatissimum*. Flaxseed is beneficial because it is rich in Omega-3 polyunsaturated fatty acids (ALA), Lignans (plant estrogen) and Fiber.* Flaxseed supports immune and joint health.* It may help reduced pain caused by inflammation.* Flaxseed may be used as a laxative to support digestive health, relieve constipation and support healthy weight management.*

SUGGESTED USE: Enjoy 2-3 tablespoons of ground flaxseeds daily. Add a depth of flavor and incredible nutritional value to everyday foods and beverages by adding ground flaxseeds to a morning smoothie or mix with yogurt and honey. Bake ground flaxseeds into cookies, muffins, breads or homemade granola. The possibilities are endless!

CAUTION: For adults only. Take this product as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you ever had esophageal narrowing or swallowing difficulties. Consult physician if pregnant or nursing, taking medication, or have a medical condition.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**100%
NATURAL**



NATURAL DIETARY SUPPLEMENT

Organic Ground Flaxseeds

Excellent Vegan Source of Fiber & Omega-3 Fatty Acids

- Supports Immune & Digestive Health*
- Promotes Joint Health*
- Supports Healthy Weight Management*



2lbs

Nutrition Facts

Serving Size: 2 Tablespoons (14 g)

Servings Per Container: Approximately 65

	Amount Per Serving	% Daily Value*
Calories	70	
Calories from Fat	45	
Total Fat	6 g	9%
Saturated Fat	0.5 g	0%
Trans Fat	0 g	
Polyunsaturated	4 g	
Omega-3	3 g	
Monounsaturated	1 g	
Sodium	0 mg	0%
Potassium	102 mg	3%
Magnesium	51 mg	13%
Cholesterol	0 mg	0%
Total Carbohydrates	5 g	2%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	3 g	
Vitamin A	0%	Vitamin C 0%
Calcium	3%	Iron 1%

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



Manufactured for & Distributed by:
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INGREDIENTS: Organic Cold-Milled Ground Flaxseeds