HERBAL SECRETS™ Organic Flax Seeds are beneficial because they are rich in Omega 3 polyunsaturated fatty acids (ALA), lignans (plant estrogen) and fiber.* Organic Flax Seeds support immune and joint health.* It may also help reduce pain caused by inflammation.* Organic Flax Seeds may be used as a laxative to support digestive health, relieve constipation and support healthy weight management.*

SUGGESTED USE: Enjoy 2 to 3 tablespoons of Organic Flax Seeds daily as a nutritional snack. Add a depth of flavor and incredible nutrional value to everyday foods such as salads, or mix Organic Flax Seeds with yogurt and booey. Bake Organic Flax Seeds into cookies, muffins, breads or homemade granola as a treat. The possibilities are endless!

CAUTION: Due to its fiber content, Flax Seeds should be consumed with plenty of water. Consult a physician before use if pregnant or nursing, taking medication(s), planning a medical procedure or have a medical condition. *KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.*

* 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.

RAW

VEGAN

GLUTEN FREE

100% NATURAL

PACKED IN THE USA

8 10180 02995 7

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PRODUCT CODE 9957

USDA ORGANIC

HERBAL™ SECRETS

NATURAL DIETARY SUPPLEMEMT

Organic Flax Seeds

Excellent Vegan Source of Fiber & Omega-3 Fatty Acids

GMP

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

14 G PER SERVING

NET WT. 2 LBS (907 G)

Nutrition Facts

Serving Size 14 g (2 Tablespoons)
Serving Per Container Approximately 65

Amount Per Serving	% Daily Value*
Calories 86	
Calories from Fat 54	
Total Fat 6 g	9%
Saturated Fat 0.5 g	0%
Trans Fat 0 g	
Polyunsaturated 4 g	
Monounsaturated 1 g	
Cholesterol 0 mg	0%
Potassium 102 mg	3%
Sodium 0 mg	0%
Total Carbohydrate 5 g	2%
Dietary Fiber 4 g	16%
Sugars 1 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	3%
Iron	1%
Magnesium	13%

* Percent Daily Values are based on a 2,000 calorie diet.
+ % Daily Values not established

INGREDIENT: Organic Yellow Flax Seeds

SODIUM FREE.

Naturally occuring Fatty Acids (Per Serving) **

Omega-3 Fatty Acids (Alpha Linolenic Acid)
2.7 g (2,700 mg)

Omega-6 Fatty Acids (Linolenic Acid)
0.6 g (600 mg)

Omega-9 Fatty Acids (Oleic Acid)
0.7 g (700 mg)

Lignans (SDG)
91 mg

**subject to natural variability

HERBAL™ SECRETS

Manufactured for & Distributed by:
HERBAL SECRETS™
629 Grove Street
Jersey City, NJ 07310
Certified Organic by: Baystate Organic Certifiers