For over 40 years, Vitamin World has pioneered the manufacture of premium nutritional supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness. ***We guarantee it.***

Only a handful of foods contain the essential fatty acids your body needs every day. Our organic flax seeds powder delivers some of the highest concentrations of Alpha-Linolenic Acid (Omega-3) and Linoleic Acid (Omega-6) available in a food. Alpha-Linolenic Acid (Omega-3) and Linoleic Acid (Omega-6) are two fatty acids important for heart and circulatory health. Organic flax seeds powder also contains the powerhouse nutrients Oleic Acid (Omega-9) and Lignans – phytochemicals which play a part in the well-being of the body. In addition, this product is a good source of fiber - which helps to maintain blood glucose levels already within a normal range.

Take every day to ensure an adequate intake.

- Organic flax seeds powder can be taken alone, or for an added treat, mix with your favorite cereal or yogurt.
- Share the nutritional wealth with your friends and family by adding organic flax seeds powder to your favorite recipes.

No Artificial Color, Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Soy, **No** Gluten, **No** Wheat, **No** Yeast, **No** Fish.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TO ENSURE FRESHNESS AFTER OPENING, KEEP REFRIGERATED OR STORE IN FREEZER. TAMPER RESISTANT: DO NOT USE IF SEAL IS BROKEN OR MISSING.

DIRECTIONS: For adults, take one (1) to two (2) tablespoons (7.5 g to 15 g) of cold-milled flax seeds powder daily. Cold-milled flax seeds powder can be added to baked goods, blender drinks or sprinkled on cereal and salads. Take with plenty of fluids. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications.

Nutrition Facts

Serving Size 2 Tablespoons (15g) — Servings Per Container about 28

Amount Per Serving	
Calories 90	Calories from Fat 60
	%Daily Value*
Total Fat 6g	**10%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Potassium 90mg	**3%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 4g	**16%**
Soluble Fiber 2g	
Insoluble Fiber 2g	
Sugars 0g	
Protein 3g	**6%**

Vitamin A 0%	•		Vitamin C 0%
Calcium 2%	•		Iron 6%
Vitamin B-6 25%	•		Zinc 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredient: Organic Cold-Milled Flax Seeds.

Typical Fatty Acid Profile per 15 g Serving:

Alpha-Linoleic Acid (ALA) (Omega-3)	3,540 mg	Oleic Acid (OA) (Omega-9)	1,000 mg
Linoleic Acid (LA) (Omega-6)	1,060 mg	Lignans	110 mg

Carefully Manufactured for Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.

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