

ALL ORGANIC-FUEL
HEALTHY PERFECT BLEND

ANTIOXIDANTS



SUSTAINING
ENERGY

OMEGA-3

COCONUT
FLAX
QUINOA

DIGESTIVE SEED BLEND

Flax • Chia • Coconut
Pumpkin • Quinoa

Organic • Omega-3 • Protein • Good Source of Fiber



NET WT.
12 oz (340 g)

PROPRIETARY
PUMPKIN BLEND

WHOLE
VEGAN
REAL FOOD

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HEALTHY PERFECT BLEND

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Barlean's Digestive Seed Blend is a Nutrition Powerhouse with Omega-3 fatty acid (ALA), dietary fiber, antioxidants, minerals, amino acids and plant-based protein. With a delicious, natural pumpkin spice flavor, this all-organic blend is an easy way to support your digestive health* and fuel your body with the benefits of nutrient-dense, whole superfoods.

GROUND FLAXSEED: Our organic ground flaxseed is a natural source of fiber, ALA Omega-3, essential amino acids and lignans.

CHIA SEED: These tiny but powerful seeds are revered as a natural appetite suppressant* and contain dietary fiber, vitamins, minerals and antioxidants.

QUINOA: This ancient whole grain is a complete vegetable protein and a source of amino acids.

UNSWEETENED SHREDDED COCONUT: A natural source of fiber, minerals, and healthy medium-chain fatty acids (MCTs), unsweetened shredded coconut also contains a range of nutrients.

PROPRIETARY PUMPKIN BLEND: Our nutrient-filled blend adds the delicious warmth of ginger, nutmeg, cinnamon, allspice and cloves.

- Certified Organic, Vegan, Kosher
- Naturally Occurring Prebiotics to Support a Healthy Digestive Tract*
- Non-GMO, Gluten Free

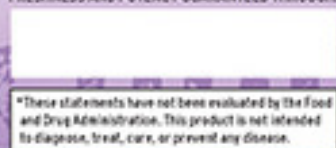
SUGGESTED USE: Sprinkle into oatmeal, smoothies, juices, salads and yogurt to add flavor and texture – or enjoy straight from the bag.
To ensure freshness, refrigerate after opening.

LEARN MORE ABOUT A PATHWAY TO A BETTER LIFE:

barleans.com
800/445-3529

Barlean's Ferndale, WA 98248
Certified Organic by QAI
US-ORG-050

FRESHNESS AND POTENCY GUARANTEED THROUGH:



*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.

Nutrition Facts

28 servings per container	
Serving size	2 Tbsp (12g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Polysaturated Fat 3g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	4%
Potassium 87mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Organic flaxseeds, organic coconut, organic chia seeds, organic pumpkin spice blend (organic cinnamon, organic pumpkin seed powder, organic ginger, organic nutmeg, organic allspice, and organic cloves), organic quinoa.



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