



Vita-Flax

certified organic

cardiovascular[▼]

fiber[▼]

essential
fatty acids[▼]

specialty

net wt. **16 oz. (454 g)**
dietary supplement

gluten
free

dairy
free

soy
free

nut
free



Nutrition Facts

Serving Size 1 Tablespoon (9 g)
Servings Per Container About 50

Amount Per Serving

Calories	40	Calories from Fat	15
% Daily Value			
Total Fat	1.5 g		2%†
Saturated Fat	0 g		0%†
Trans Fat	0 g		
Cholesterol	0 mg		0%†
Sodium	10 mg		<1%†
Potassium	100 mg		3%†
Total Carbohydrate	3 g		1%†
Dietary Fiber	3 g		12%†
Soluble Fiber	1 g		
Insoluble Fiber	2 g		
Sugars	0 g		
Protein	3 g		
Vitamin A	0%	• Vitamin C	0%
Calcium	4%	• Iron	6%

† 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:	2000	2500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories Per Gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Organic flaxseed meal.

AVERAGE ANALYSIS/TABLESPOON:

Omega-3 Fatty Acids 765 mg
Omega-6 Fatty Acids 180 mg
Lignans (SDG) 135 mg

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Soy, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: Stir one (1) tablespoon into a large glass of water or juice. Stir well and drink immediately. Follow with an additional glass of water. Do not swallow in dry form. Use once or twice per day, or as directed by your health professional.

- Containing both soluble and insoluble lignans, Vita-Flax is a good source of dietary fiber.
- Safe organic alternative to psyllium and other fiber supplements.
- Very low sodium content.

Seeds used in this product are not genetically modified.

▼ 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.

REFRIGERATE AFTER OPENING. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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Best Before: