

BIOVEA®

ORGANIC GROUND FLAXSEEDS

RICH
IN FIBRE,
LIGNANS &
OMEGA-3



392 GRAMS
Dietary Supplement

Supplement Facts

Serving Size: 1 Tablespoon (14g)
Servings Per Container: Approx. 28

	Amount Per Serving	% DV†
Calories	70	
Calories from Fat	50	
Total Fat	6g	9%
Saturated Fat	.5g	3%
Polyunsaturated Fat	4g	*
Monounsaturated Fat	1g	*
Total Carbohydrate	5g	2%
Dietary Fibre	4g	2%
Protein	3g	6%
Calcium	28mg	3%
Iron	1mg	5%
Magnesium	51mg	13%
Sodium	5mg	Less than 1%
Omega-3 (alpha-linolenic acid ALA)	2.8g	*
Omega-6 (linoleic acid LA)	0.84g	*
Omega-9 (oleic acid OA)	0.98g	*

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
*Daily Value not established.

Ingredients: Organic cold milled ground flaxseed.

Allergen Information: Does not contain soybeans or wheat. However this product may contain trace amounts of wheat and soybean from the field.

Contains no preservatives.

flaxseed (organic)

Suggested Use: Take 1-3 tablespoons daily. Can be eaten alone, or added as a healthy boost to baked goods, smoothies, cereal and other foods.

graines de lin (biologiques)

Suggestion d'Utilisation: Prendre 1-3 cuillères à soupe par jour. Peuvent être mangées seules, ou ajoutées à vos pâtisseries, smoothies, céréales et autres aliments.

semi di lino (biologico)

Uso Raccomandato: Prendere 1-3 cucchiari al giorno. Può essere consumato da solo o aggiunto a prodotti da forno, frullati, cereali ed altri alimenti.

leinsamen (biologisch) gemahlen

Empfohlene Anwendung: Nehmen Sie 1-3 Esslöffel täglich. Kann alleine eingenommen oder über Müsli gestreut, in Smoothies oder zum Backen verwendet werden.

semilla molida de lino (orgánico)

Uso Sugerido: Tomar 1-3 cucharadas diarias. Se puede consumir solo o añadido en repostería, batidos, cereales y otros alimentos.

semente de linhaça moída (orgânica)

Sugestão de Uso: Tome 1-3 colheres de sopa por dia. Pode ser comido sozinho ou adicionado como um impulso saudável para assados, batidos, cereais e outros alimentos.

MADE IN THE USA
GMP COMPLIANT
Distributed by BIOVEA®
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Vegan Product

