

ESTD 1989

BARLEAN'S

ORGANIC OILS



100% Organic

FORTI-FLAX®

SUPPLEMENT

PREMIUM GROUND FLAXSEED

PURE & NATURAL SOURCE OF:

Omega-3 • Lignans • Fiber
Trace Vitamins and Minerals
Amino Acids

COLD-MILLED • VEGAN



NET WT. 14 OZ. / 397g

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**Forti-Flax® – Fresh, Nutritious
& Tastes Great – Naturally!**

- High in Omega-3 Fatty Acids, Lignans and Dietary Fiber
- Provides all 10 Essential Amino Acids (Complete Protein)
- Non-GMO, 100% Vegan, Raw Food
- Great source of trace Vitamins and Minerals
- Gently Cold-Milled
- Freshness Dated – Maximum freshness and potency
- Freshly cold-milled, 100% organic, pesticide and herbicide free, select flax seeds

SUGGESTED USE: 2-4 Tbsp. daily. Mixes easily in water or juice. Excellent when used as a topping for yogurt, salads, breakfast cereals and used in blended smoothie beverages. May be used as a substitute for traditional yet nutrient deplete fiber sources. Refrigerate after opening to preserve freshness.



Certified Organic by OAI



100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHNESS DATING

FLAX FRESH MILLED

FRESHEST BEFORE

JUL 2012 JAN 2014
B-2466

Supplement Facts

Serving Size 2 Tbsp (15 g)
Servings Per Pouch 26

Amount Per Serving	% Daily Value
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Calories 80	
Calories from Fat 60	
Total Fat 6 g	9%*
Saturated Fat 0.5 g	3%*
Trans Fat 0 g	†
Polyunsaturated Fat 4.5 g	†
Monounsaturated Fat 1 g	†
Cholesterol 0 mg	0%
Total Carbohydrate 4 g	1%*
Dietary Fiber 4 g	16%
Insoluble Fiber 3 g	†
Soluble Fiber 1 g	†

Trace Vitamins

Vitamin C 100 mcg	<1%
Vitamin E 50 mcg	<1%
Vitamin B-1 (Thiamin) 246 mcg	16%
Vitamin B-2 (Riboflavin) 24 mcg	1%
Niacin 461 mcg	2%
Vitamin B-6 (Pyridoxine HCl) 71 mcg	4%
Folic Acid 13 mcg	4%
Pantothenic Acid 148 mcg	1%

Trace Minerals

Calcium 38 mg	4%
Iron 860 mcg	5%
Phosphorus 96 mg	10%
Magnesium 59 mg	15%
Zinc 651 mcg	4%
Copper 183 mcg	9%
Manganese 372 mcg	19%
Sodium 4 mg	0%
Potassium 122 mg	3%

Amino Acids

Alanine 129 mg	†
Arginine 288 mg	†
Aspartic Acid 1 mg	†
Cystine 51 mg	†
Glutamic Acid 605 mg	†
Glycine 187 mg	†
Histidine 71 mg	†
Isoleucine 134 mg	†
Leucine 185 mg	†
Lysine 129 mg	†
Methionine 55 mg	†
Phenylalanine 143 mg	†
Proline 121 mg	†
Serine 145 mg	†
Threonine 115 mg	†
Tryptophan 44 mg	†
Tyrosine 74 mg	†
Valine 161 mg	†

Essential Fatty Acids

Omega-3 (Alpha-Linolenic Acid) 3000 mg	100%
Omega-6 (Linoleic Acid) 1000 mg	†

Monounsaturated Fatty Acids

Omega-9 1000 mg	†
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Phyto-Nutrients

Lignans (SDG) 110-300 mg	†
Phenolic Acids 100 mg	†
Flavonoids 5 mg	†
Phytic Acid 320 mg	†

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

INGREDIENTS: Organic flax seeds.

PRODUCT OF U.S.A.



For more information
please contact:

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