



**Suggested Use:** Mix 1 scoop (2tbs.) into your favorite beverage as needed for added nutritional value. A serving or two baked into your breads and muffins, added to your hot cooked cereal or pancakes or mixed into your protein and meal replacements shakes is a great way to add beneficial nutritional value to your daily diet.

**ZERO**  
FILLERS or EXCIPIENTS  
INFERIOR INGREDIENTS  
BANNED SUBSTANCES | ADDED SUGARS  
PROPRIETARY BLENDS  
HIDDEN INGREDIENTS

**Warning:** NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. If you are pregnant, breast feeding, have known medical conditions (including kidney or liver disease) or are taking prescription or OTC medication(s) consult with your health care practitioner before using this product.



**NUTRABIO®**

OMEGA 3-6

# WHOLE-GRAIN GROUND FLAXSEED MEAL

- NO FILLERS**
- NO EXCIPIENTS**
- NO ADDITIVES**

Provides Omega-3 & 6 Fats and Fiber  
Great-tasting Wholesome Nutty Flavor  
Non-GMO Cold Milled with No Additives



**30**  
SERVINGS



**MADE IN A GMP & FDA INSPECTED FACILITY**

## Supplement Facts

Serving size: 1 scoop/2tbs. (15.1 grams)  
Servings per container: 30

| Amount Per Serving                    | % Daily Value |
|---------------------------------------|---------------|
| Calories 70                           |               |
| Calories from Fat 45                  |               |
| Total Fat 6g                          | 9%*           |
| Saturated Fat 0.5g                    | 0%*           |
| Polysaturated Fat 4g                  | †             |
| Total Carbohydrate 5g                 | 2%*           |
| Dietary Fiber 4g                      | 16%*          |
| Protein 3g                            | 6%*           |
| <b>Flaxseed Meal 15.1g</b>            | †             |
| Omega-3 (Alpha-Linolenic Acid) 3002mg |               |
| Omega-6 (Linoleic Acid) 1060mg        |               |

\* Percent Daily Values based on a 2,000 calorie diet.  
† Daily value not established.

Other Ingredients: ABSOLUTELY NONE.

Kosher, Vegetarian, Hypoallergenic, Non-GMO, Gluten Free, BSE/TSE Free, and NON-IRR/ETO. No added sugars, salt, preservatives, salicylates, or artificial color, flavor or fragrance.

**STORE IN A COOL DRY PLACE**  
**SERVING SCOOP INCLUDED**  
**(MAY SETTLE TO THE BOTTOM DURING SHIPPING.)**

**NUTRABIO®**

*Since 1996*

Manufactured by NutraBio Labs, Inc.  
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†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.

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