

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

- A Natural Source of Omega-3 Fatty Acids, Lignans and Dietary Fiber
- Provides all 10 Essential Amino Acids (Complete Protein)
- Non-GMO, Gluten Free, Vegan
- Natural Source of Trace Vitamins and Minerals
- Freshness Dated - Maximum Freshness and Potency
- Fresh Cold-milled, Organic, Pesticide and Herbicide Free Flaxseed
- Packaged and Sealed within Minutes of Being Milled

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. Keep out of reach of children.



FRESHNESS DATING

FLAX FRESH MILLED

FRESHEST BEFORE

ESTD 1989



GLUTEN
FREE

NON
GMO

Organic

FORTI-FLAX®

SUPPLEMENT

PREMIUM GROUND FLAXSEED

PURE & NATURAL SOURCE OF:

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

RAW • COLD-MILLED • VEGAN

MADE FROM SELECT NORTH AMERICAN FLAXSEED



Supplement Facts

Serving Size 2 Tbsp (15 g)
Servings Per container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	80	Omega-9 Monounsaturated Fat:	
Calories from Fat	80	Oleic Acid	1100 mg †
Total Fat	6 g 9%*	Amino Acids:	
Saturated Fat	0.5 g 3%*	Alanine	139 mg †
Trans Fat	0 g †	Arginine	289 mg †
Polyunsaturated Fat	4.5 g †	Aspartic Acid	307 mg †
Monounsaturated Fat	1 g †	Cysteine	51 mg †
Total Carbohydrate	4 g 1%*	Glutamic Acid	606 mg †
Dietary Fiber	4 g 16%	Glycine	187 mg †
Protein	3 g 6%*	Histidine	71 mg †
Vitamin C	0.10 mg <1%	Isoleucine	134 mg †
Vitamin E	0.07 IU <1%	Leucine	185 mg †
Thiamine (Vitamin B-1)	0.25 mg 16%	Lysine	129 mg †
Riboflavin (Vitamin B-2)	0.02 mg 1%	Methionine	96 mg †
Niacin	0.46 mg 2%	Phenylalanine	144 mg †
Vitamin B-6 (Pyridoxine HCl)	0.07 mg 4%	Proline	121 mg †
Folate	13 mcg 3%	Serine	145 mg †
Pantothenic Acid	0.15 mg 1%	Threonine	115 mg †
Calcium	38 mg 4%	Tryptophan	45 mg †
Iron	0.86 mg 9%	Tyrosine	74 mg †
Phosphorus	96 mg 18%	Valine	161 mg †
Magnesium	59 mg 19%	Phyto-Nutrients:	
Zinc	0.65 mg 4%	Lignans (SDG)	110 mg †
Copper	0.18 mg 9%	Phenolic Acids	190 mg †
Manganese	0.37 mg 19%	Flavonoids	5 mg †
Sodium	5 mg <1%	Phytic Acid	320 mg †
Potassium	120 mg 3%		
Omega-3 Polyunsaturated Fat:			
Alpha-Linolenic Acid (ALA)	3420 mg †		
Omega-6 Polyunsaturated Fat:			
Linoleic Acid (LA)	885 mg †		

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

INGREDIENTS: Organic flax seeds.
**LEARN MORE ABOUT
A PATHWAY TO A BETTER LIFE:**
barleans.com
800/445-3529

Barlean's Ferndale, WA 98248
Certified Organic by QAI



NET WT. 16 oz / 454 g