

Packaged and Sealed within Minutes of Being Milled



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

NET WT. 28 oz / 794 g



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

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

Supplement Facts

Serving Size 2 Tbsp (15 g)
Servings Per container 53

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	80	Omega-3 Monounsaturated Fat	
Calories from Fat	60	One Ounce	1100 mg †
Total Fat	6 g 10%*	Amino Acids:	
Saturated Fat	0.5 g 10%*	Alanine	120 mg †
Trans Fat	0 g †	Arginine	280 mg †
Polysaturated Fat	4.5 g †	Aspartic Acid	307 mg †
Monounsaturated Fat	1 g †	Cysteine	51 mg †
Total Carbohydrate	4 g 10%*	Glutamic Acid	606 mg †
Dietary Fiber	4 g 100%	Glycine	187 mg †
Protein	5 g 10%*	Histidine	71 mg †
Vitamin C	0.10 mg <1%	Isoleucine	124 mg †
Vitamin E	0.07 KJ <1%	Leucine	185 mg †
Thiamin (Vitamin B1)	0.25 mg 10%	Lysine	129 mg †
Riboflavin (Vitamin B2)	0.02 mg 1%	Methionine	56 mg †
Niacin	0.46 mg 2%	Phenylalanine	144 mg †
Vitamin B6 (Pyridoxine HCl)	0.07 mg 4%	Proline	121 mg †
Folate	12 mcg 3%	Serine	142 mg †
Pantothenic Acid	0.15 mg 1%	Threonine	115 mg †
Calcium	58 mg 4%	Tryptophan	45 mg †
Iron	0.86 mg 5%	Tyrosine	74 mg †
Phosphorus	96 mg 10%	Valine	187 mg †
Magnesium	58 mg 10%	Phyto-Nutrients:	
Zinc	0.65 mg 4%	Lignans (SCL)	110 mg †
Copper	0.18 mg 10%	Phenolic Acids	100 mg †
Manganese	0.37 mg 10%	Flavonoids	5 mg †
Sodium	5 mg <1%	Phytic Acid	320 mg †
Potassium	120 mg 3%		
Omega-3 Polyunsaturated Fat:			
Alpha-Linolenic Acid (ALA)	5420 mg †		
Omega-6 Polyunsaturated Fat:			
Linoleic Acid (LA)	185 mg †		

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

LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:

barleans.com
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Barlean's
Ferndale, WA 98248
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INGREDIENTS: Organic flax seeds.



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