

ALL ORGANIC-FUEL  
HEALTHY PERFECT BLEND

ANTIOXIDANTS  
COCONUT  
FLAX  
ADAMANT  
OMEGA-3

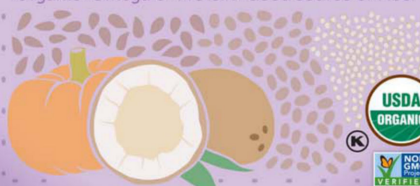


SUSTAINING  
ENERGY

## DIGESTIVE BLEND

Flax • Chia • Coconut  
Pumpkin • Quinoa

Organic • Omega-3 • Protein • Good Source of Fiber



NET WT.

12 oz (340 g)

WHO  
VEGAN  
REAL FOOD

PROPRIETARY  
PUMPKIN BLEND

ALL ORGANIC-FUEL  
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**Barlean's Digestive Blend is a Nutrition Powerhouse** with Omega-3 fatty acid (ALA), dietary fiber, antioxidants, minerals, amino acids and plant-based protein. With a delicious, natural pumpkin spice flavor, this all-organic blend is an easy way to support your digestive health\* and fuel your body with the benefits of nutrient-dense, whole superfoods.

**GROUND FLAXSEED:** Our organic ground flaxseed is a natural source of fiber, ALA Omega-3, essential amino acids and lignans.

**CHIA SEED:** These tiny but powerful seeds are revered as a natural appetite suppressant\* and contain dietary fiber, vitamins, minerals and antioxidants.

**QUINOA:** This ancient whole grain is a complete vegetable protein and a source of amino acids.

**UNSWEETENED SHREDDED COCONUT:** A natural source of fiber, minerals, and healthy medium-chain fatty acids (MCTs), unsweetened shredded coconut also contains a range of nutrients.

**PROPRIETARY PUMPKIN BLEND:** Our nutrient-filled blend adds the delicious warmth of ginger, nutmeg, cinnamon, allspice and cloves.

- Certified Organic, Vegan, Kosher
- Naturally Occurring Prebiotics to Support a Healthy Digestive Tract\*
- Non-GMO, Gluten Free

**SUGGESTED USE:** Sprinkle into oatmeal, smoothies, juices, salads and yogurt to add flavor and texture - or enjoy straight from the bag. To ensure freshness, refrigerate after opening.

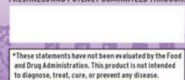
**LEARN MORE ABOUT A PATHWAY TO A BETTER LIFE:**

barleans.com  
800/445-3529

Barlean's Ferndale, WA 98248

Certified Organic by QAI  
US-ORG-050

FRESHNESS AND POTENCY GUARANTEED THROUGH:



\*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.

### Nutrition Facts

Serving Size 2 Tbsp (12 g)  
Servings Per Container 28

Amount Per Serving

Calories 60 Calories from Fat 45

% Daily Value\*

Total Fat 5 g 8%

Saturated Fat 1.5 g 7%

Trans Fat 0 g

Polysaturated Fat 3 g

Monounsaturated Fat 1 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 4 g 1%

Dietary Fiber 3 g 12%

Sugars 0 g

Protein 2 g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** Organic flaxseeds, organic coconut, organic chia seeds, organic pumpkin spice blend (organic cinnamon, organic pumpkin seed powder, organic ginger, organic nutmeg, organic allspice, and organic cloves), and organic quinoa.



PRODUCT OF U.S.A.

WHO  
VEGAN  
REAL FOOD