

Packaged and Sealed within Minutes of Being Milled



GLUTEN
FREE

NON
GMO

Organic

FORTI-FLAX®

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
- 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-9 Monounsaturated Fat:	
Calories from Fat 60		Oleic Acid 1100 mg	†
Total Fat 6 g	9%*	Amino Acids:	
Saturated Fat 0.5 g	3%*	Alanine 139 mg	†
Polysaturated Fat 4.5 g	†	Arginine 289 mg	†
Monosaturated Fat 1 g	†	Aspartic Acid 307 mg	†
Total Carbohydrate 4 g	1%*	Cystine 51 mg	†
Dietary Fiber 4 g	16%*	Glutamic Acid 606 mg	†
Protein 3 g	6%*	Glycine 187 mg	†
Vitamin C 0.10 mg	<1%*	Histidine 71 mg	†
Vitamin E 0.07 IU	<1%*	Isoleucine 134 mg	†
Thiamin (Vitamin B1) 0.25 mg	16%*	Leucine 185 mg	†
Riboflavin (Vitamin B2) 0.02 mg	1%	Lysine 129 mg	†
Niacin 0.46 mg	2%*	Methionine 56 mg	†
Vitamin B6 (Pyridoxine HCl) 0.07 mg	4%*	Phenylalanine 144 mg	†
Folate 13 mcg	3%*	Proline 121 mg	†
Pantothenic Acid 0.15 mg	1%*	Serine 145 mg	†
Calcium 39 mg	4%*	Theanine 115 mg	†
Iron 0.86 mg	5%*	Tryptophan 45 mg	†
Phosphorus 96 mg	19%*	Tyrosine 74 mg	†
Magnesium 59 mg	15%*	Valine 161 mg	†
Zinc 0.65 mg	4%*	Phyto-Nutrients:	
Copper 0.18 mg	9%*	Lignans (SDG) 110 mg	†
Manganese 0.37 mg	19%*	Phenolic Acids 130 mg	†
Sodium 5 mg	<1%*	Flavonoids 5 mg	†
Potassium 129 mg	3%*	Phytic Acid 320 mg	†
Omega-3 Polysaturated Fat:			
Alpha Linolenic Acid (ALA) 3420 mg	†		
Omega-6 Polysaturated Fat:			
Linoleic Acid (LA) 885 mg	†		

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

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PATHWAY TO A BETTER LIFE:

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Barlean's
Ferndale, WA 98248
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US-ORG-050

INGREDIENTS: Organic flax seeds.



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