Supplement Facts

Serving Size 1 ½ Tbsp. (12 g)
Servings Per Container 20

Amount Per Serving	% Daily Value
Calories	60
Calories from Fat	45
Total Fat	5 g	8%*
Saturated Fat	1 g	4%
Trans Fat	0 g	
Polyunsaturated Fat	3 g	
Monounsaturated Fat	0.5 g	
Total Carbohydrate	4 g	1%*
Dietary Fiber	3 g	12%*
Protein	2 g	4%
Vitamin K	0.8 mcg	<1%
Thiamin	0.15 mg	10%
Riboflavin	0.02 mg	1%
Niacin	0.41 mg	2%
Vitamin B6	0.04 mg	2%
Folate	8.6 mcg	2%
Choline	37 mg	4%
Iron	0.71 mg	4%
Phosphorus	77 mg	8%
Magnesium	43 mg	11%
Zinc	0.90 mg	9%
Selenium	1.9 mcg	2%
Copper	0.13 mg	7%
Manganese	0.31 mg	16%
Chloride	2.38 mg	<1%
Potassium	85 mg	2%
Omega-3 Polyunsaturated Fats:		
Alpha Linolenic Acid (ALA)	3.38 mg	†
Omega-6 Polyunsaturated Fats:		
Linoleic Acid (LA)	620 mg	†
Omega-6 Monounsaturated Fats		
Oleic Acid	4.48 mg	†
Amino Acids:		
Alanine	107 mg	†
Arginine	226 mg	†
Aspartic Acid	238 mg	†
Cystine	40 mg	†
Glutamic Acid	448 mg	†
Glycine	139 mg	†
Histidine	54 mg	†
Isoleucine	97 mg	†
Leucine	149 mg	†
Lysine	99 mg	†
Phenylalanine	108 mg	†
Proline	89 mg	†
Serine	111 mg	†
Threonine	84 mg	†
Tryptophan	36 mg	†
Tyrosine	67 mg	†
Valine	117 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Organic flaxseeds, organic chia seeds, and organic coconut.

Barlean's Flax · Chia · Coconut blend is a Nutritional Powerhouse high in Omega-3, dietary fiber, antioxidants, minerals, amino acids and plant-based protein. This delicious, all-organic mix is an easy way to support digestive health* and fuel your body with the combined benefits of nature's most nutrient-dense superfoods:

PREMIUM GROUND FLAXSEED: A natural source of fiber and Omega-3 (ALA) essential fatty acids, our fresh, cold-milled flaxseed is also a concentrated source of lignans and all 10 essential amino acids (a complete vegetable protein).

CHIA SEED: A diet staple of the ancient Aztecs, Chia has been revered as a natural appetite suppressant and offers a comprehensive range of nutrients, vitamins and minerals. In addition to fiber and Omega-3, Chia also has more antioxidant power than blueberries.

COCONUT: A natural source of fiber, minerals, and beneficial medium-chain fatty acids, unsweetened shredded coconut contains a wide range of minerals, including iron, potassium, manganese and selenium.

- 2,330 mg Omega-3
- 3 g Fiber
- Organic, Non-GMO, Vegan

SUGGESTED USE: 1 ½ Tbsp daily. Sprinkle over your favorite food (oatmeal, smoothies, juices, salads, yogurt) to add flavor, texture and fiber – or enjoy straight from the bag. Keep out of reach of children. Refrigerate after opening to preserve freshness.

LEARN MORE ABOUT A PATHWAY TO A BETTER LIFE:
barleans.com
800/445-9529

USDA ORGANIC

Barlean's Ferndale, WA 98248
Certified Organic by QAI
US-ORG-015

FREE from EGGS AND POTENCY CLAIMS LIMITED 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.

Made in USA

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PRODUCT OF U.S.A.

FLAX CHIA COCONUT PERFECT BLEND

FLAX · CHIA · COCONUT

Organic · Omega-3
Protein · Good Fiber Source

USDA ORGANIC

Net Wt.
12 oz (340 g)

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BARLEAN'S
PATHWAY TO A BETTER LIFE