

1.800.446.2110
www.florahealth.com



Premium Herbal Formulas



5

LOT:
BEST BEFORE:

Flora's Golden Flax Seed is a good source of all-natural, high-quality fiber. The bulking and mucilaginous properties provide a gentle stimulus to the digestive tract.* Through a special process, Flora's Golden Flax Seeds are cracked rather than crushed or ground to ensure the maximum release of their nutrients without exposing the oil to oxygen. Flora's Golden Flax Seed is certified organic (third party certification) and nitrogen flushed when bottled to further ensure freshness. One tablespoon of Golden Flax Seeds provides 3 grams of essential fatty acids, as well as amino acids, minerals, and lignans.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

moist meadows; flowers in June.

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Golden Flax Seeds

*Organic Flax Seed
Natural Fiber & Lignans*

Dietary Supplement

NET WT. 10.5 oz. (298 g)



Supplement Facts

Serving Size 1 Tbsp. (14 g)
Servings Per Container about 21

Amount Per Serving	% Daily Value
Calories 80	Calories from fat 50
Total Fat 6 g	8%*
Saturated Fat 0.5 g	3%*
Polyunsaturated Fat 2.5 g	†
Monounsaturated Fat 0.5 g	†
Total Carbohydrate 4 g	1%*
Dietary fiber 3 g	12%*
Protein 3 g	
Omega-3 ALA (alpha-linolenic acid) 2 g	†
Omega-6 LA (linoleic acid) 0.5 g	†
Omega-9 OA (oleic acid) 0.5 g	†

† Daily Value not established.
* Percent Daily Value based on a 2,000 calorie diet.

INGREDIENTS: Organic golden flax seed.

MANUFACTURED BY:
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CERTIFIED ORGANIC BY QAI
68002-R05

SUGGESTED USE: Take 1 tbsp.(14 g) 2 to 3 times daily in 8 oz. (250 mL) of water or juice. Mix well and drink immediately. An additional glass of liquid is recommended. Flora's Golden Flax Seeds have a delicious, nutty flavor and may also be sprinkled on cereal, salads, soups, or vegetables. Refrigerate after opening to maintain freshness. **Keep out of reach of children. Security sealed for your protection. Do not use if seal is missing or damaged.**