

100% RAW ORGANIC COLD MILLED GROUND FLAXSEED

Flaxseeds are naturally derived from the fibrous flax plant. We use cold-milling to process our flaxseeds, which better preserves their valuable nutrients when compared to traditional milling, which uses heat. Ground flaxseeds provide a balanced combination of healthy Omega 3, 6 & 9 essential fatty acids, along with dietary fiber, protein, calcium and magnesium.†

Raw

Organic

Vegan

Non-GMO

BENEFITS:

Heart health, digestion.†

SUGGESTED USE:

Mix one scoop with cereal, yogurt, or your favorite smoothie. Can also be added to baked goods for a nutritious boost.

†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.

bareorganics™
Superfoods to nourish your life.

100% RAW ORGANIC COLD MILLED

GROUND
FLAXSEED



- omega fatty acids
- fiber
- protein

NET WT 12 OZ (340g)



Nutrition Facts

About 57 servings per container

Serving size 1 tbsp. (6g)

Amount per serving
Calories 30

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 2g 6%

Total Sugar 0g

Includes 0g Added Sugars 0%

Protein 1g 2%

Typical Omega-3 (alpha-linolenic acid ALA) 1.2g *

Typical Omega-6 (linoleic acid LA) 0.36g *

Typical Omega-9 (oleic acid OA) 0.42g *

Vitamin D 0mcg 0% • Potassium 43.5mg 0%

Calcium 11.88mg 0% • Magnesium 21.7mg 6%

Iron 0.48mg 2% • Copper 0.06mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Cold Milled Ground Flaxseed. **Botanical Source:** *Linum usitatissimum*.

Note: Silica packet included to help maintain freshness. Do not consume.

This container is reusable,
100% recyclable, microwave
and dishwasher safe.



#12680 • E17



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Warning: If you are pregnant or lactating, consult a health care professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place away from sunlight and moisture. Do not use this product if tamper evident tab has been removed or is broken.

Allergen Information: Does not contain soybeans or wheat. However, this product may contain trace amounts of wheat and soybean from the field.