

Refrigeration
Not Required



PAREVE



NON-PEANUT
PRODUCT

Packaged in a
Gluten, Nut &
Lactose-Free facility

Nutrition Facts

Serving Size 2 Tbsp (28g)
Servings Per Container about 26

Amount Per Serving

Calories 150 Calories from Fat 110

Total Fat 12g **18%** % Daily Value*

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 8g **32%**

Sugars 0g

Protein 5g

Calcium 8% • Iron 8%

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

OMEGA-3	6388 MG PER SERVING
OMEGA-6	1653 MG PER SERVING
OMEGA-9	2061 MG PER SERVING

Ingredients:
100% Golden Omega Whole Flaxseed
www.premiumgoldflax.com



WHOLE FLAXSEED

GLUTEN FREE * HIGH FIBER



serving suggestion



6388 MG OMEGA 3 * 5 GRAMS PROTEIN

8 GRAMS FIBER per serving

26 oz (740.22 G)

Great for baking, juices,
smoothies, salads and more!

- ✓ Heart Healthy
- ✓ Lignans (110-305mg per serving)
- ✓ Protein
- ✓ Non GMO
- ✓ Vegan/Vegetarian



PRODUCT
OF U.S.A.

SUGGESTED USE:

1-4 TBSP fresh ground flaxseed daily with 8oz.
water or juice

Manufactured & Distributed By: Premium Gold Flax
Products & Processing Inc. Denhoff ND 58430
Phone: (866) 570-1234



Certified Gluten Free by International
Certification Services, Inc.