



PRODUCT OF U.S.A.



NON-PEANUT PRODUCT



PAREVE



Ingredients:  
100% True Cold Milled® Golden Omega Flaxseed

## Nutrition Facts

Serving Size 2 Tbsp (13g)  
Serving Per Container About 35

### Amount Per Serving

**Calories 70** Calories from Fat 50

% Daily Value\*

**Total Fat** 5g **8%**

Saturated Fat 0g **0%**

Polyunsaturated Fat 4g

Monounsaturated Fat 1g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrates** 4g **1%**

Dietary Fiber 4g **16%**

Soluble Fiber 1g

Insoluble Fiber 3g

Sugars 0g

**Protein** 3g

Calcium 4% • Iron 4%

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

OMEGA-3	2800 MG PER SERVING
OMEGA-6	800 MG PER SERVING
OMEGA-9	950 MG PER SERVING



# GOLDEN OMEGA FLAXSEED

TRUE COLD MILLED PRE GROUND

2800 MG OMEGA-3

3 GRAMS PROTEIN

4 GRAMS FIBER

PER 13g SERVING

serving suggestion

16 oz (453 G)



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

- ✓ Lignans (110-305mg per serving)
- ✓ Gluten Free
- ✓ Fiber
- ✓ Protein
- ✓ Non GMO
- ✓ Vegan/Vegetarian



### SUGGESTED USE:

1-3 TBSP daily with 8 oz water or juice

Refrigeration Not Required

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



Certified Gluten Free by International Certification Services, Inc.

Packaged in a Gluten, Nut & Lactose-Free facility

www.premiumgoldflax.com