

RAW COLD MILLED ORGANIC 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 tablespoon (1 scoop) with cereal, yogurt, or your favorite smoothie. Can also be added to baked goods for a nutritious boost.



Visit www.bareorganics.com for great recipes and ideas.

†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.

RAW COLD MILLED ORGANIC



GROUND FLAXSEED



- omega fatty acids
- fiber
- protein



NET WT 12 OZ (340g)

Nutrition Facts

About 57 servings per container

Serving size 1 Scoop (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 top shelf dishwasher safe.



#12680 • A18

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Certified Organic by: A Bee Organic

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.