



VITAMIN WORLD®

NATURALLY INSPIRED™

FARM DIRECT  
COLD-MILLED  
ORGANIC

# FLAX SEEDS

Nutra Fresh Pack®

Rich in Omega-3 & Omega-6  
Essential Fatty Acids (EFA's),  
Dietary Fiber & Lignans

15 oz. (425 g)

Prod No. 10260



## Nutrition Facts

Serving Size 2 tablespoons (12 g)  
Servings Per Container approximately 35

Amount Per Serving		
		%Daily Value*
<b>Calories</b> 50	Calories from Fat 45	
<b>Total Fat</b> 5g		8%
Saturated Fat 0.5g		2%
Polyunsaturated Fat 3.5g		
Monounsaturated Fat 1.0g		
<b>Cholesterol</b> 0g		0%
<b>Sodium</b> 5mg		0%
<b>Potassium</b> 90mg		3%
<b>Total Carbohydrate</b> 3g		1%
Dietary Fiber 3g		11%
<b>Protein</b> 2g		5%

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredient:** Organic cold-milled flax seeds.

### Average Amount per 2 tablespoons:

Omega-3 Fatty Acids	2,600 mg
Omega-6 Fatty Acids	700 mg

Omega-9 Fatty Acids	1,000 mg
Lignans	36 mg

Only a handful of foods contain the essential fatty acids your body needs every day. Our Organic Flax Seeds deliver some of the highest concentrations of Alpha Linolenic Acid (Omega-3) and Linoleic Acid (Omega-6) available in a food. Alpha Linolenic Acid (Omega-3) and Linoleic Acid (Omega-6) are two fatty acids important for cellular, heart and metabolic health. Organic Flax Seeds powder also contains the powerhouse nutrients, Oleic Acid (Omega-9) and Lignans – phytochemicals, which play a part in the well-being of the body. In addition, this product is a good source of fiber to help meet your nutritional requirements. Use everyday to ensure an adequate intake.

- Organic Flax Seeds can be used alone or for an added treat, mix with your favorite cereal or yogurt.
- Share the nutritional wealth with your friends and family by adding Organic Flax Seeds powder to your favorite recipes.

**Directions:** For adults, take one (1) to two (2) tablespoonsful (6-12g) of cold-milled flax seeds daily. Cold-milled flax seeds can be added to baked goods, blender drinks or sprinkled on cereal and salads.

**GUARANTEED FREE OF:** yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor.

**WARNING:** Pregnant or lactating women should consult a doctor before using any product. **Consult doctor before use if you have, or had, a bleeding disorder, if you plan to have, or have had, recent surgery or if you are taking ANY PRESCRIPTION MEDICATIONS** including blood thinners or daily aspirin. **Discontinue use and consult your doctor** if any adverse reactions occur. **NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

**KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TO ENSURE FRESHNESS AFTER OPENING, KEEP REFRIGERATED OR STORE IN FREEZER. TAMPER RESISTANT: DO NOT USE IF PACKAGE IS TORN OR BROKEN.**

**TO REORDER CALL 1-800-228-4533**

Or Order On The Web [www.vitaminworld.com](http://www.vitaminworld.com)

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Dept. of Agriculture