





Organic Golden Flax Seeds

Ingredients: Organic Golden Flax Seeds

Country of Origin: USA

Kosher: 

Organic: 

Allergen: N/A

Manufacturer's Statement: Manufactured in a facility that processes/packages products that contain peanuts, tree nuts, milk, soy & wheat.

Nutritional Facts

Serving Size	30g	
Calories	160	
		% DV*
Total Fat	13g	20%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	9g	3%
Dietary Fiber	8g	32%
Total Sugars	1g	
Includes Added Sugar	0g	0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	60mg	6%
Iron	2mg	11%
Potassium	179mg	5%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.