

BROWN FLAX SEEDS

Nutrition Facts

Serving Size: 1/3 tbsp (4g)

Servings Per Container: 114

Amounts Per Serving

Calories 90

Calories From Fat 75

% Daily Value*

Total Fat 8g 12%

Saturated Fat 0.5g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 15%

Total Carbohydrate 7g 2%

Dietary Fiber 6g 24%

Sugars 0g

Protein 4g

Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending
on your calorie needs.

Low sodium.

INGREDIENTS: FLAX SEEDS