

Nutrition Label

Regal Brown Flax Seeds

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container 400			
Amount Per Serving			
Calories 150		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g	18 %	
Saturated Fat	1g	5 %	
Trans Fat	0g		
Cholesterol	0mg	0 %	
Sodium	10mg	0 %	
Total Carbohydrate	8g	3 %	
Dietary Fiber	8g	31 %	
Sugars	0g		
Protein	5g		
Vitamin A	0 %	•	Vitamin C 0 %
Calcium	8 %	•	Iron 10 %
* 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
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
Fat	9	•	Carbohydrate 4
		•	Protein 4

INGREDIENTS: Seeds, Flaxseed