

JLM Manufacturing

5/11/2015

JLM PRODUCT #: 630545
PRODUCT NAME: BROWN FLAXSEEDS
UPC: 094776150236
WEIGHT: 16 oz (452.8 g)
ALLERGEN STATEMENT:
COUNTRY OF ORIGIN:
SHELF LIFE: 365 Days
OU KOSHER: Not Currently Kosher Certified
INGREDIENTS: Flaxseed.

NUTRITIONAL INFORMATION		
SERVING SIZE	2 Tbsp (13g)	
SERVINGS PER PACKAGE	About 35	
CALORIES	69	
CALORIES FROM FAT	46	
TOTAL FAT	5g	8%
SATURATED FAT	1g	3%
TRANS FAT	0g	
CHOLESTEROL	0mg	0%
SODIUM	4mg	0%
TOTAL CARBOHYDRATES	4g	1%
FIBER	4g	14%
SUGARS	0g	
PROTEIN	2g	
VITAMIN A		0%
VITAMIN C		0%
IRON		4%
CALCIUM		3%

*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

