

JLM PRODUCT #: 962009

PRODUCT NAME: ORGANIC GOLDEN FLAX

UNIT UPC: 863669741666

CASE UPC: 863669741659

WEIGHT: 10 oz (283g)

ALLERGEN STATEMENT:

**Packaged in a facility that processes peanuts, soybean, milk, eggs, tree nuts, wheat (gluten), and fish products.

COUNTRY OF ORIGIN: CANADA.

SHELF LIFE: 365 Days

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ORGANIC: Certified Organic by ECOCERT ICO

INGREDIENTS: Organic Flaxseeds.

Nutrition Facts

About 9 Servings Per Package

Serving Size 3 Tbsp (31g)

Amount per serving

Calories **165**

%Daily Value*

Total Fat 13g 20%

Saturated Fat 1.1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 9mg 0%

Total Carbohydrate 9g 3%

Fiber 8g 34%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g

Vit. D 0mcg 0% • Potas. 252mg 7%

Calcium 79mg 8% • Iron 1.8mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

