

# Flaxseed-Golden

## Nutrition Facts

Serving Size: 13g

Serving per Container: 34

### Amount per Serving

Calories 60      Calories from Fat: 40

% Daily Value \*

Total Fat	4.5 g	7 %
Saturated Fat	0 g	0 %
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Total Carbohydrates	4 g	1 %
Dietary Fiber	4 g	15 %
Sugars	0 g	
Protein	3 g	

Vitamin A 0%      Vitamin C 0 %

Calcium 2%      Iron 4 %

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
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 Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

### Calories per gram

Fat 9      Carbohydrates 4      Protein 4

Ingredients: Flaxseed

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.