

Flax Seed - Golden

Certification

Kosher

Physical

Appearance	Gold to Yellow in Color
COOL	Flax: Product of USA
Flavor	Typical of Flax Seeds
Foreign Materials	< 1%
GMO	Non GMO
Moisture	< 11%
Smell	No Off Odors

Nutrition Facts

Serving Size about 2 Tbsp

Amount Per Serving

Calories	70	Cal. From Fat	45	%Daily Value *
Total Fat	5g			12%
Saturated Fat	0g			30%
Trans Fat	0g			
Cholesterol	0mg			0%
Sodium	5mg			0%
Potassium	163mg			3%
Total Carbohydrate	5g			2%
Dietary Fiber	4g			16%
Total Sugars	0g			
Includes	0g	Added Sugars		
Protein	3g			
Vitamin A				0%
Vitamin C				0%
Vitamin D	0mcg			0%
Calcium:	20mg			2%
Iron	1.1mg			6%

Kosher : Kosher Parve

Ingredients / Allergen

INGREDIENTS: GOLDEN WHOLE FLAX SEED