

## Supplement Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container 24

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### Amount Per Serving

**Calories** 110      Calories from Fat 110

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% Daily Value\*

**Total Fat** 11 g **19%**

Saturated Fat 1 g **5%**

**Dietary Fiber** 1 g **4%**

**Polyunsaturated Fat** 8 g †

Omega-3 6200 mg †

Omega-6 1810 mg †

**Monounsaturated Fat** 2 g †

Omega-9 2040 mg †

**Flaxseed Particulate** 2660 mg †

**Lignans (SDG)** 20-53 mg †

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\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.