

Supplement Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container 31

Amount Per Serving

Calories 110 Calories from Fat 110

% 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 †

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

† Daily Value not established.