

Nutrition Facts	
Serving size	2 tbsp (21g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*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.	

Ingredients: Brown Flaxseed.