

**PREMIUM GOLD TRUE COLD MILLED FLAX - 24 OZ BAG**

**HIGHLIGHTS:**

- 0 Grams Trans Fat**
- Essential Fatty Acids**
- Gluten Free**
- Non GMO**
- 100% Natural**
- Refrigeration not Required**
- Kosher**
- Product of North Dakota, USA**

**Packaged in a Gluten Free  
Nut & Lactose free facility**

## Nutrition Facts

Serving Size 2 Tbsp (13g)

Servings Per Container about 52

<b>Amount Per Serving</b>	
<b>Calories 70</b>	<b>Calories from Fat 50</b>
Omega 3 - 2.64 g	Omega 6 - .60 g
	<b>% Daily Value*</b>
<b>Total Fat 6g</b>	<b>9%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 0g</b>	
<b>Protein 3g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 0%</b>	• <b>Iron 0%</b>

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

**Package by Premium Gold Packaging • Denhoff, ND**