

Supplement Facts

Serving Size: 1 Tablespoon (9g) Servings Per Container: 30

Amount Per Serving % DV

Calories 52 Calories from Fat 42

Total Fat 3.3g **5%**

Saturated Fat <0.3g **2%**

Trans Fat 0g

Omega-3 (alpha-linolenic acid) **2,127mg**

Omega-6 (linoleic acid) 590mg **4:1 Ratio**

Cholesterol 0g **0%**

Sodium <0.1mg **0%**

Potassium 74mg **2%**

Total Carbohydrate 3.5g **1%**

Dietary Fiber 3.3g **13%**

Soluble Fiber 0.3g

Insoluble Fiber 3g

Sugars 0g

Protein 2g **4%**

Trace Vitamins

Vitamin B1 0.1mg **7%**

Vitamin B2 0.02mg **12%**

Folate (Folic Acid) 9.2mcg **2%**

Trace Minerals

Calcium 71mg **7%**

Copper 0.1mg **5%**

Iron 1mg **6%**

Magnesium 35mg **9%**

Selenium <0.1mg

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

† Daily Value not established.

Ingredients: Cold-fractured, milled Salba® (a proprietary Non-GMO variety of *Salvia hispanica* L.) seed.