

Supplement Facts

Serving Size: 1 Packed Tablespoon (8g) Servings Per Container: 33

Amount Per Serving **% DV**

Calories 46 **Calories from Fat 37**

Total Fat 2.9 g **5%**

 Polyunsaturated Fat 2.4 g ******

 Trans Fat 0 g ******

Omega-3 Fatty Acids 1,891 mg ******

Omega-6 Fatty Acids 524 mg ******

Omega-9 Fatty Acids 173 mg ******

Total Carbohydrate 3.1 g **1%**

 Dietary Fiber 2.9 g **12%**

 Soluble Fiber 0.3 g ******

 Insoluble Fiber 2.6 g ******

 Sugars 0 g ******

Protein 1.8 g

Thiamin 0.1 mg **4%**

Riboflavin 0.02 mg **1%**

Folate (folic acid) 8.2 mcg **2%**

Calcium 63 mg **6%**

Iron 1 mg **4%**

Magnesium 31 mg **8%**

Selenium <0.01 mg

Copper 0.1 mg **7%**

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

**Daily Value not established.