

Supplement Facts

Serving Size: 2 Tablespoons (15g) Servings Per Container: 30

Amount Per Serving % DV

Calories 69 Calories from Fat 42

Total Fat 5g **8%**

Saturated Fat <0.5g **3%**

Trans Fat 0g

Omega-3 (alpha-linolenic acid) **3,603mg**

Omega-6 (linoleic acid) 952mg **4:1 Ratio**

Cholesterol 0g **0%**

Sodium <0.2mg **0%**

Potassium 123mg **4%**

Total Carbohydrate 6g **2%**

Dietary Fiber 6g **25%**

Soluble Fiber 1.1g

Insoluble Fiber 4.9g

Sugars 0g

Protein 3.7g **7%**

Trace Vitamins

Vitamin B1 0.1mg **7%**

Vitamin B3 1.2mg **6%**

Folate (Folic Acid) 10.5mcg **3%**

Trace Minerals

Calcium 78.8mg **8%**

Copper 0.5mg **25%**

Iron 2mg **11%**

Magnesium 102.4mg **26%**

Manganese 0.4mg **20%**

Phosphorous 150.7mg **15%**

Antioxidants

ORAC 1607umol †

Essential Amino Acids

Isoleucine 113.7mg †

Leucine 204mg †

Lysine 142.3mg †

Methionine 36.8 †

Phenylalanine 151.4 †

Threonine 109.9 †

Tryptophan 28.9mg †

Valine 146.7mg †

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

† Daily Value not established.

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