

# Supplement Facts

Serving Size: 1 Rounded Tablespoon (12g) Servings Per Container: 37

## Amount Per Serving

% DV

**Calories 46**    Calories from Fat 37

**Total Fat** 4 g 7%

Polyunsaturated Fat 3.5 g \*\*

Trans Fat 0 g \*\*

**Omega-3 Fatty Acids** 2,500 mg \*\*

**Omega-6 Fatty Acids** 760 mg \*\*

**Omega-9 Fatty Acids** 250 mg \*\*

**Total Carbohydrate** 4.5 g 2%

Dietary Fiber 4.2 g 17%

Soluble Fiber 0.4 g \*\*

Insoluble Fiber 3.7 g \*\*

Sugars 0 g \*\*

**Protein** 2.5 g

Thiamin 0.1 mg 6%

Riboflavin 0.02 mg 1%

Folate (folic acid) 12 mcg 3%

Calcium 92 mg 9%

Iron 1 mg 5%

Magnesium 46 mg 11%

Selenium <0.01 mg

Copper 0.2 mg 10%

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

\*\*Daily Value not established.