

CHS
Brown Flax Seed

NUTRITION FACTS	
Serving Size: 1oz (30g)	
Servings per Container:	
Amount per Serving	
Calories 170	Calories from Fat 140
% Daily Value*	
Total Fat 14g	23%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0% * Vitamin C 0%	
Calcium 8% * Iron 6%	
*Percent Daily Values are based on a 2,000 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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

Ingredients: Flaxseed

**Allergens: None Present