

Barlean's Organic Lignan Flaxseed Oil

Supplement Facts

Serving Size 1Tbsp (14 ml)

Servings Per Container 25

Amount Per Serving

Calories 110 Calories from Fat 110

Amount Per Serving	% Daily Value*
Total Fat 11 g Saturated Fat 1 g Polyunsaturated Fat 8 g Monounsaturated Fat 2 g	19% 5%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 0 g Dietary Fiber 1 g Sugars 0 g	0% 4%
Protein less than 1 g	0%
Not a significant source of dietary fiber, Vitamin A, vitamin C, Calcium and Iron	
* Percent daily values are based on a 2,000-calorie diet.	