

# Ground Flaxseed, Organic

## *Spectrum Essentials*

### **Ground Flaxseed**

Ground Flaxseed is a natural source of fiber (including mucilage), absorbing excess liquid, protecting the digestive tract and promoting bowel regularity. While the oil pressed from flaxseed is rich in Omega-3 Fatty Acids, the seeds themselves are also a concentrated source of lignans - phytoestrogens that are not only suggested to be able to regulate hormone balance but which also have antioxidant properties.

Take at least 2 tablespoons of ground flaxseed per 100 pounds of body weight for fiber and lignan benefit.

### Ground Flaxseed

<b>Supplement Facts</b>	
Serving Size: 2 Tbsp (14g)	
Servings Per Container 30	
<b>Amount per Serving</b>	<b>% Daily Value</b>
Calories 80	
Calories from fat 45	
Total Fat 5g	8%*
Saturated Fat 0.5g	3%*
Trans Fat 0g	†
Polyunsaturated Fat 3.5g	†
Monounsaturated Fat 1g	†
Cholesterol 0mg	0%
Total Carbohydrates 5g	2%*
Dietary Fiber 4g	16%*
Sugars less than 1g	†
Protein 3g	
Vitamin B6 0.13mg	7%
Folate 39mcg	10%
Magnesium 51mg	13%
Zinc 0.58mg	4%
Manganese 0.46mg	23%
Omega-3 (alpha-linolenic acid ALA) 2.7g	208%
Omega-6 (linoleic acid LA) 0.8g	†
Omega-9 (oleic acid OA) 1g	†
Lignans (SDG) 98mg - 266mg	†

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not established