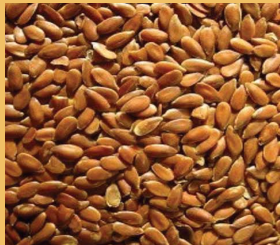


LC-Roasted Unsalted Golden Flax Seeds[®]



**Diabetic
Friendly
Gluten
Free**

**Sugar
Free
Low
Carb**

**Net Carbs
1.5g
Per Serving**



Nutrition Facts

Serving Size 2 Tbsp (19.3g)
Servings per container 12
Amount Per Serving
Calories 36
Calories from Fat 25

		%Daily Value*	
Total Fat 7g	11%	Total Carbohydrate 7g	2%
Saturated Fat 0g	0%	Dietary Fiber 5.5g	22%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0 mg	0%	Protein 4g	8%
Sodium 7mg	0%	Net Carbs 1.5g	

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Roasted golden flax seeds

Allergen Warning: Processed in a facility that uses wheat gluten and nuts



7 5 4 2 0 5 4 3 0 1 7 8

Manufactured for LC Foods[™]
Company, Raleigh NC 27604

Net Wt. 8 oz (232g) Approx. 1½ cups