

Flaxseed Oil

Nutrition Facts

68 servings per container

Serving size **1 Tbsp (15mL)**

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0.5g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: OIL, FLAXSEED