

Fiber, Protein, Omega 3 Oil & Lignans

Eat E-LYTE GROUND FLAX alone or sprinkle it on cereal, salads, snacks and other foods.



Two tablespoons of E-LYTE GROUND FLAX supply:

- 3 g omega-3 (Alpha-Linolenic Acid)
- 0.5 g omega-6 (Linoleic Acid)
- Lignans

Four tablespoons of E-LYTE GROUND FLAX supply almost as much oil as one tablespoon of Flax Oil, plus fiber, protein and lignans.

INGREDIENTS: Organic, QAI certified (Quality Assurance International), cold-milled Flax Seed. No Artificial Colors, Flavors, Preservatives or Additives.

Marketed by:

E-lyte
45 Reese Rd., Millville, NJ 08332
www.e-lyte.com
Product of Canada

Best if used within 45 days after opening. May be resealed and frozen to extend shelf life.

E-lyte

FLAX MEAL

**ORGANIC FLAX SEEDS
SPECIALLY MILLED**
Supplies Fiber, Protein &
Omega 3 Fatty Acids
Net Wt. 15 oz.

Directions: 2 to 4 tablespoons daily

Supplement Facts

Serving Size	2 tbsp. (15 g)	
Servings per Container	Aprox. 30	
Amount Per Serving	% Daily Value *	
Calories	90	
Calories from Fat	60	
Total Fat	7g	11%
Saturated Fat	1 g	5%
Polyunsaturated Fat	5 g	†
Monounsaturated Fat	1 g	†
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	4 g	1%
Dietary Fiber	3 g	12%
Sugars	1 g	†
Protein	3 g	†

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Values not established.

Add E-LYTE GROUND FLAX to your favorite foods for extra nutrition. Easy to digest, E-LYTE GROUND FLAX is great mixed in with cereal, yogurt or cottage cheese. Sprinkle over salads, vegetables, eggs or potatoes. Kids love it with cream cheese and jelly sandwiches.

The resealable pouch is immediately vacuum-packed to remove air and exclude light. This process ensures optimum freshness. Does not need refrigeration until after opening. Reseal and refrigerate after opening.