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Home - Product Catalog - Natural Foods - Flax, Grain and Rice - Golden Flax Seeds - 16 oz. - Organic, Non-GE

Printable Format

## Golden Flax Seeds - 16 oz. - Organic, Non-GE




Whether you're looking for a healthy treat in between meals, or simply trying to reap the many benefits of flax seeds, NOW Golden Flax Seeds are a delicious "anytime" snack that's loaded with nutrients. And while they're popular for many reasons, flax seeds are naturally enriched with fiber, magnesium, zinc and Omega-3 fatty acid.

Organic Products List

**PRODUCT #**: 6268
**UPC**: 733739062680
**SRP**: $2.99
Where to Buy
Add a Comment

### Nutrition Info

| | Amount Per Serving | % Daily Value |
|---|---|---|
| Serving Size | 2 Tbsp. | |
| Servings Per Container | 21 | |
| Calories | 130 | |
| Calories from Fat | 80 | |
| Total Fat | 9 g | 14% |
| Saturated Fat | 1 g | 5% |
| Cholesterol | 0 mg | 0% |
| Sodium | 8 mg | 1% |
| Total Carbohydrate | 8 g | 3% |
| Dietary Fiber | 8 g | 32% |
| Sugars | 0 g | |
| Protein | 4 g | |
| Vitamin A | | 0% |
| Vitamin C | | 0% |
| Calcium | | 6% |
| Iron | | 15% |
| Magnesium | | 25% |
| Zinc | | 15% |

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

### Details

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**Scent-Sational Bath Escape Kit**



The holidays are a time of reflection, warmth and renewal. The Scent-Sational Bath Escape Kit is sure to touch the heart of someone special in your life. This complete essential bath kit was...

**NOW Nutritionist, Neil Levin to Appear on Chicago Public Television Tonight**
Neil E. Levin, CCN, DANLA, will be a guest on Chicago Tonight this evening (Tuesday, December 21,

**Serving Size:** 2 Tbsp.

**Suggested Use:** Grind your own seeds on a daily basis for the freshest and healthiest seed oil. Add to cereals, salads and blender drinks. Take with plenty of fluids.

**Other Ingredients:** 100% Organic Golden Flax Seeds (Linum usitissimum).

**Warnings:** Caution: Flax sees have a bulk forming laxative effect. Not to be consumed by individuals with irritable bowel syndrome.

**Disclaimers:** None

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2004) at 7 p.m, discussing natural alternatives to Vioxx, Celebrex, and Aleve. Neil is a...

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- **Leaves of Tea, Tea Chest**



A holiday gift of warmth and happiness! One of the greatest gifts one can give is the gift of health, and now you can do just that with this beautiful sculpted metal tea chest. This...

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