NOWFoods.com provides quality supplements, discount nutritional supplements, affordable vitamins, discount vitamins, natural vitamins, minerals, natural supplements, pre-natal vitamins, sports supplements, and health research.

Contact Us | Did You Know | Product FAQ

Manufacturer Of Vitamins, Minerals and Herbs
Quality Is Affordable

Search

All Products

Browse

Product Catalog
A to Z Products
Amino Acids
Antioxidants
Aromatherapy
Body, Bath & Skin Care
Books
Diet/Weight Loss
Digestive Support
Dr. Balch Formulas
Empty Gel Caps
Essential Fatty Acids
Fiber
Green Foods
Heart Support
Herbal Teas
Herbs
Joint Products
Men's Health
Minerals
Natural Foods
Dried Fruit
Flax, Grain and Rice
Flours & Extracts
Gelatin
Milk Products
Nuts and Seeds
Sesame Sticks
Snacks & Carob
Soybeans
Sweeteners
Nature's Apothecary
Organic & Non-GE Products
Sports Nutrition
Sprouting Seeds and Needs
Stevia
Vitamins & Supplements
Vity Award Products
Women's Health

Product Catalog | New Products | NOW Sports | NOW Quality | Health Library | Store Finder

Home - Product Catalog - Natural Foods - Flax, Grain and Rice - Flax Seed Meal - 12 oz. - Organic, Non-GE

Sign up for the Free NOW E-Newsletter

Printable Format

Flax Seed Meal - 12 oz. - Organic, Non-GE



Flax seed is cold processed. Flax seed meal is a convenient way of obtaining many of the nutritional benefits of flax seeds, including dietary fiber, lignans, magnesium, zinc and mucillage Flax seeds orginated in the ancient Mid-East and were used in Biblical days as an important source of polyunsaturated fatty acids, including omega-3. Flax seed meal is a convenient form of flax that is rich in dietary fiber, mucilage, phytosterols and lignans.

PRODUCT #: 6266
UPC: 733739062666
SRP: $2.79
Where to Buy
Add a Comment

Organic Products List

Nutrition Info

Serving Size: 2 1/2 Tablespoons
Servings Per Container: 21

	Amount Per Serving	% Daily Value
Calories	90	
Calories from fat	55	
Total Fat	6 g	9%
Saturated Fat	0.5 g	3%
Cholesterol	0 g	0%
Sodium	6 mg	<1%
Total Carbohydrate	6 g	2%
Dietary Fiber	4 g	16%
Sugars	0 g	
Protein	4 g	
Calcium		4%
Vitamin A		0%
Magnesium		19%
Vitamin C		0%
Iron		11%
Zinc		11%

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

Details

Read Weekly Newsletters Online
Enjoy easy-to-read, past issues of NOW e-newsletter articles on a variety of health-related topics. If you would like to become a weekly e-news subscriber and receive free information on the...

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 1/2 Tablespoons

Suggested Use: Flax meal can be added to cereals, salads, blender drinks or any cold type food. It is high in fiber and should be consumed with plenty of water.

Other Ingredients: 100% Organic Flax seed meal.

Warnings: None

Disclaimers: None

Best kept refrigerated.

Would you like to write a review of this item?

*Fields marked with a * are required*

First Name:

Last Name:

* Email

* City:

* State:

* Comments:

Send feedback

Your review will appear here after being reviewed by our staff

Home - Product Catalog - Natural Foods - Flax, Grain and Rice - Flax Seed Meal - 12 oz. - Organic, Non-GE

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

- **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...

©Copyright 2002-2004 NOW® Foods

NOW Foods, quality supplements, discount nutritional supplements, affordable vitamins, discount vitamins, natural vitamins, minerals, natural suppliments, pre-natal vitamins, sports supplements, and health research.