

Hi-Lignan® Nutri-Flax®

16 oz, 454 g

Item Catalog Number: 00873

Lignans are natural phytochemicals. Scientific research has shown lignans to have numerous health benefits for men and women:

- High in dietary fiber, containing both soluble and insoluble fiber
- Good source of plant-derived omega-3 fatty acids
- Very low sodium content
- Potassium to sodium ratio of 17:1
- Preserves nature's balance of electrolytes*

References

Supplement Facts

Serving Size 1 tablespoon (9 g)

Servings Per Container about 50

Amount Per Serving

Omega-3 Fatty Acids (ALA)	550 mg
Omega-6 Fatty Acids	150 mg
Lignans (SDG)	225 mg
Fat Calories	10
Total Fat	1 g
Saturated Fat	0 g
Trans fat	0 g
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	0.5 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrate	3.5 g
Dietary Fiber	3 g
Soluble Fiber	1 g
Insoluble Fiber	2 g
Protein	3.5 g
Vitamin A	0%
Calcium	2%
Vitamin C	0%
Iron	4%

% daily value based on 2,000 Calorie Diet

Ingredients: organic partially defatted flax seed powder.

Free of wheat, gluten, soy, dairy, additives, preservatives, fillers, or flavors.

Dosage and Use

- Stir one tablespoon into a large glass of water or juice. Stir well and drink immediately.
- Follow with an additional glass of water.
- Do not swallow in dry form.
- Use once or twice per day, or as directed by your health professional.

Caution

To avoid choking, make sure to take plenty of water or other liquid with fiber. Not doing so may result in intestinal pain or blockage. If suffering from hemorrhoids, care should be taken. Do not use fiber supplements if you have difficulty swallowing,

nausea, vomiting, or if abdominal cramps, flatulence, and diarrhea are present. A potential side effect from any fiber product is gas and bloating.

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