



Gluten Free
3000mg Omega-3s
Per Serving

TEAR HERE.

*Have a Grain Day!*TM



FLAX CHIA BLEND



NET WT 12 oz. 340 g



Certified Gluten Free by the Celiac Support Association.



TEAR HERE.

*Have a Grain Day!*TM



Since 1882, Hodgson Mill has provided wholesome products that are delicious and nutritious. The original mill stands today as a testament to ingenuity, hard work and perseverance. Those traditional values still drive us today, in a state of the art facility where we provide quality and service unparalleled.

With 3000mg of ALA Omega-3s in each 2 Tbsp. serving, Hodgson Mill Flax Chia Blend is a powerful combination. Our finely milled brown flax seed and whole white chia seeds are packed with anti-oxidant Omega-3s as well as fiber, protein and important minerals. Plus it has a pleasant, nutty taste and is as easy to use as it is nutritious!

Suggested Uses:

- Add to yogurt, cereal, scrambled eggs or a smoothie for breakfast. Use in your favorite salads, casseroles, vegetables and baked goods.
- Use as an egg substitute in baked recipes calling for 1 or 2 eggs. For each egg, mix 1 Tbsp. of Flax Chia Blend in a small dish with 3 Tbsp. of water and allow to sit 1-2 minutes before adding to your recipe.

REFRIGERATE AFTER OPENING.

For our full line of products, information, recipes & more, visit HodgsonMill.com



Nutrition Facts	
Serving Size 2 Tbsp. (14g)	
Servings Per Container 24	
Amount Per Serving	
Calories 60	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	17%
Soluble Fiber 1g	
Insoluble Fiber 3g	
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
Magnesium 15%	Manganese 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Brown Milled Flax Seed, Whole White Chia Seed.

Hodgson Mill, Inc., 1100 Stevens Ave.
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Produced in a peanut free facility.

This package sold by weight, not by volume.
Contents may have settled during shipping.



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Our Customer Service Team is always happy to hear from you.
Comments and questions welcome.

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 • 800.525.0177