

**HODGSON
MILL®**

15
INDIVIDUAL
PACKETS

Travel
FLAX • CHIA

ALL NATURAL • CERTIFIED GLUTEN FREE
1180mg's Omega 3's per serving



15
INDIVIDUAL
PACKETS



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Per Serving

30 CALORIES 0g SAT FAT 0mg SODIUM 0g SUGAR 2g FIBER 1g PROTEIN



NET WT 3.5 oz. 97.5 g U Parve



Nutrition Facts

Serving Size: 1 packet (6.5 g)
Servings Per Container: 15

Amount Per Serving

Calories 30 Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 2g 8%

Soluble Fiber <1g

Insoluble Fiber 1g

Sugars 0g

Protein 1g

ALA/Omega-3 Fatty Acids 1180mg

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 2%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	

INGREDIENTS: Brown Milled Flax Seed,
White Chia Seed

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With 1180mg's of Omega 3's per serving, Hodgson Mill Flax Chia Blend is a powerful blend of two healthy ingredients. Milled Flax Seed is known for its Omega 3's, fiber, protein, calcium and iron. Chia Seeds are also known for their Omega 3's, protein, fiber, vitamins and minerals like Vitamin C, calcium and iron. This Flax Chia Blend has a pleasant, nutty taste and is as easy to use as it is nutritious.

Usage suggestions: Add to yogurt, cereal, scrambled eggs or a smoothie for breakfast. Use in your favorite salads, casseroles, vegetables and baked goods. Let your imagination decide!

Produced in a gluten free environment.
Produced in a peanut/tree nut free environment.

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



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Visit us at:
HodgsonMill.com

Look for the entire line of Hodgson Mill® naturally wholesome and healthful food products in the **Flour, Corn Meal, Cereal, Pasta, and Baking Mix** sections of your supermarket.

OUR GUARANTEE
Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality, healthy food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete bottom of this box and your purchase price to: Hodgson Mill, Inc. 1100 Stevens Avenue Effingham, IL 62401 • (800)525.0177 www.HodgsonMill.com

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