

21 INDIVIDUAL PACKETS

USDA ORGANIC

Travel FLAX™

Certified Organic

Golden MILLED FLAX SEED

HODGSON MILL®

"Promotes cardiovascular health" and "Supports the immune system"



Nutrition Facts	
Serving Size: 1 packet (6.5g)	
Servings Per Container: 21	
Amount Per Serving	
Calories 30	Calories From Fat 20
% Daily Value*	
Total Fat 2g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

INGREDIENT: 100% ORGANIC WHOLE MILLED FLAX SEED

Produced in a peanut/tree nut free environment.



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

HODGSON MILL®

Have a Grain Day!™

Flax Seed has been used as a food throughout history and is currently the center of many medical and nutritional studies. Rich in Omega-3 Oils and Lignans Hodgson Mill's Organic Golden Milled Flax Seed can be added in many ways to your diet. For today's active life style we offer our conveniently packaged Milled Flax Seed in packets for your purse, briefcase or sack lunch.



Add to SALADS, CEREALS, SMOOTHIES, JUICES, YOGURT & MORE!

Berry Delicious Smoothie

2 ripe bananas, chunked
1 cup fresh or frozen blackberries
1 cup fresh or frozen strawberries
1 (4 oz.) strawberry yogurt
Place all ingredients in a blender and mix on medium-high speed for 45 seconds or until smooth. Pour into glasses and serve immediately. Yield: 3 1/2 - 4 cups

2/3 cup soy milk
3 Tbsp. Hodgson Mill Organic Golden Milled Flax Seed
6 - 7 ice cubes

Did you Know?
Milled Flax Seed may be used as a Fat Substitute in most recipes. Generally, 3 Tbsp. Milled Flax Seed can replace 1 Tbsp. fat or oil. Likewise, 1 Tbsp. Milled Flax Seed plus 3 Tbsp. of water can replace 1 egg.

Visit us at:
www.HodgsonMill.com



Certified Organic by Oregon Tilth

Our premium quality Travel Flax Organic Golden Milled Flax Seed begins with organic, gluten free Milled Flax Seed that is additive and preservative free. This product is produced in a gluten free environment and batch tested using an ELISA Gluten Assay test to ensure that a quality product is delivered to you, our most valued customer. At Hodgson Mill, "We do something special for all our customers".

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



COLORTEK 14-0284 Golden Travel Flax Seed 21 ct I303B 2/12/2014

