



21 INDIVIDUAL PACKETS

Travel FLAX™ PREMIUM MILLED FLAX SEED

HODGSON MILL®

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

PREMIUM QUALITY
Since 1889

HODGSON MILL®

21 INDIVIDUAL PACKETS

Travel FLAX™ PREMIUM MILLED FLAX SEED

All Natural

1300 mg of OMEGA-3 Oils Per Packet

Rich in Lignans

Gluten Free

No Sugar

No Salt

Celiac SUPPORT ASSOCIATION®
Carefully Produced
Preserving a Gluten Free Diet

NON GMO Project VERIFIED
nongmoproject.org

NET WT 4.8 oz. 136.5 g

Parve

1300 mg of OMEGA-3 Oils per package!

Travel FLAX™ PREMIUM MILLED FLAX SEED

0 71518 01014 0

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	7%	
Sugars 0g		
Protein 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	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	

INGREDIENT: 100% PREMIUM MILLED FLAX SEED

Produced in a peanut/tree nut free environment.

CARTON MADE WITH



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

HODGSON MILL®

Have a Grain Day!

Our Flax Seed is grown in North America, where the cool prairie climate produces the world's finest quality Flax Seed. 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 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.

Try our many other flax seed products. For a complete list, visit us at www.HodgsonMill.com



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

Strawberry Banana Smoothie

- 1/2 cup low fat milk
- 1 1/2 cup fat-free vanilla ice cream or frozen vanilla yogurt
- 1 cup fresh or frozen strawberries
- 2 medium ripe bananas, chunked
- 3 Tbsp. Hodgson Mill Milled Flax Seed
- 2 Tbsp. honey

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: 4 cups



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

Our premium quality Travel Flax Premium Milled Flax Seed begins with all natural, 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



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