

# Supplement Facts

Serving Size: 2 Tablespoons (15g) Servings Per Container: 30

**Amount Per Serving** % DV

**Calories** 69 Calories from Fat 42

**Total Fat** 5g **8%**

Saturated Fat <0.5g **3%**

Trans Fat 0g

**Omega-3** (alpha-linolenic acid) **3,603mg**

**Omega-6** (linoleic acid) 952mg **4:1 Ratio**

**Cholesterol** 0g **0%**

**Sodium** <0.2mg **0%**

Potassium 123mg **4%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 6g **25%**

Soluble Fiber 1.1g

Insoluble Fiber 4.9g

Sugars 0g

**Protein** 3.7g **7%**

## Trace Vitamins

Vitamin B1 0.1mg **7%**

Vitamin B3 1.2mg **6%**

Folate (Folic Acid) 10.5mcg **3%**

## Trace Minerals

Calcium 78.8mg **8%**

Copper 0.5mg **25%**

Iron 2mg **11%**

Magnesium 102.4mg **26%**

Manganese 0.4mg **20%**

Phosphorous 150.7mg **15%**

## Antioxidants

ORAC 1607umol †

## Essential Amino Acids

Isoleucine 113.7mg †

Leucine 204mg †

Lysine 142.3mg †

Methionine 36.8 †

Phenylalanine 151.4 †

Threonine 109.9 †

Tryptophan 28.9mg †

Valine 146.7mg †

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.