

Nutrition Facts

Serving size: 2 teaspoons (10 mL)

Servings per container: about 24

Amount Per Serving	
Calories	80
Calories from Fat	80
% Daily Value*	
Total Fat 9 g	14%
Saturated Fat 1 g	5%
<i>Trans</i> Fat 0 g	
Polyunsaturated Fat 6.0 g	
Monounsaturated Fat 2.5 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 0 g	0%
Protein 0 g	
Vitamin E	10%

Not a significant source of dietary fiber, sugars, vitamin A, Vitamin C, calcium, and iron.

*% Daily Values are based on a 2,000 calorie diet

Ingredients: Certified Organic Oil Blend (Flax Seed, Sunflower Seed, Pumpkin Seed, and Extra-Virgin Olive Oils), Mixed Tocopherols, Tocotrienols, Rosemary Extract, Turmeric Extract.