

# FLAXSEED OIL NUTRITION

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Amounts per 1 cup, whole (168g)

## Minerals

| Amounts Per Selected Serving |          | %DV  |
|------------------------------|----------|------|
| Calcium                      | 428 mg   | 43%  |
| Iron                         | 9.6 mg   | 53%  |
| Magnesium                    | 658 mg   | 165% |
| Phosphorus                   | 1079 mg  | 108% |
| Potassium                    | 1366 mg  | 39%  |
| Sodium                       | 50.4 mg  | 2%   |
| Zinc                         | 7.3 mg   | 49%  |
| Copper                       | 2.0 mg   | 102% |
| Manganese                    | 4.2 mg   | 208% |
| Selenium                     | 42.7 mcg | 61%  |
| Fluoride                     | ~        |      |

## Vitamins

| Amounts Per Selected Serving |          | %DV  |
|------------------------------|----------|------|
| Vitamin A                    | 0.0 IU   | 0%   |
| Retinol                      | 0.0 mcg  |      |
| Retinol Activity Equivalent  | 0.0 mcg  |      |
| Alpha Carotene               | 0.0 mcg  |      |
| Beta Carotene                | 0.0 mcg  |      |
| Beta Cryptoxanthin           | 0.0 mcg  |      |
| Lycopene                     | 0.0 mcg  |      |
| Lutein+Zeaxanthin            | 1094 mcg |      |
| Vitamin C                    | 1.0 mg   | 2%   |
| Vitamin D                    | ~        | ~    |
| Vitamin E (Alpha Tocopherol) | 0.5 mg   | 3%   |
| Beta Tocopherol              | 0.0 mg   |      |
| Gamma Tocopherol             | 33.5 mg  |      |
| Delta Tocopherol             | 0.6 mg   |      |
| Vitamin K                    | 7.2 mcg  | 9%   |
| Thiamin                      | 2.8 mg   | 184% |
| Riboflavin                   | 0.3 mg   | 16%  |
| Niacin                       | 5.2 mg   | 26%  |
| Vitamin B6                   | 0.8 mg   | 40%  |
| Folate                       | 146 mcg  | 37%  |
| Food Folate                  | 146 mcg  |      |
| Folic Acid                   | 0.0 mcg  |      |
| Dietary Folate Equivalents   | 146 mcg  |      |
| Vitamin B12                  | 0.0 mcg  | 0%   |
| Pantothenic Acid             | 1.7 mg   | 17%  |
| Choline                      | 132 mg   |      |
| Betaine                      | 5.2 mg   |      |



## Calorie Information

| Amounts Per Selected Serving |               | %DV |
|------------------------------|---------------|-----|
| Calories                     | 897 (3756 kJ) | 45% |
| From Carbohydrate            | 198 (829 kJ)  |     |
| From Fat                     | 593 (2483 kJ) |     |
| From Protein                 | 107 (448 kJ)  |     |
| From Alcohol                 | 0.0 (0.0 kJ)  |     |

## Protein & Amino Acids

| Amounts Per Selected Serving |        | %DV |
|------------------------------|--------|-----|
| Protein                      | 30.7 g | 61% |

## Carbohydrates

| Amounts Per Selected Serving |        | %DV  |
|------------------------------|--------|------|
| Total Carbohydrate           | 48.5 g | 16%  |
| Dietary Fiber                | 45.9 g | 183% |
| Starch                       | 0.0 g  |      |
| Sugars                       | 2.6 g  |      |

## Fats & Fatty Acids

| Amounts Per Selected Serving      |            | %DV  |
|-----------------------------------|------------|------|
| Total Fat                         | 70.8 g     | 109% |
| Saturated Fat                     | 6.2 g      | 31%  |
| Monounsaturated Fat               | 12.6 g     |      |
| Polyunsaturated Fat               | 48.3 g     |      |
| Total trans fatty acids           | ~          |      |
| Total trans-monoenoic fatty acids | ~          |      |
| Total trans-polyenoic fatty acids | ~          |      |
| Total Omega-3 fatty acids         | 38325 mg   |      |
| Total Omega-6 fatty acids         | 9931 mg    |      |
| SOURCE                            | PIPLUM.COM |      |

