

## Flax Seed Oil

### Typical Nutritional Analysis

Analysis	Quantity (per 100g)
Energy	3660kJ (875kc)
Protein	0g
Carbohydrates	0g
<ul style="list-style-type: none"> <li>• Sugars</li> </ul>	0g
Fat, Total <ul style="list-style-type: none"> <li>• Polyunsaturated Fat               <ul style="list-style-type: none"> <li>○ Omega 3 (Alpha Linolenic Acid)</li> <li>○ Omega 6 (Linoleic Acid)</li> </ul> </li> <li>• Monounsaturated Fat               <ul style="list-style-type: none"> <li>○ Omega 9 (Oleic Acid)</li> </ul> </li> <li>• Saturated Fat</li> <li>• Trans Fatty Acid</li> </ul>	100g 74g 61g 13g 19g 19g 7g 0g
Sodium	2mg
Vitamin E	9mg