

Flax Seed Oil

Typical Nutritional Analysis

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