

Crushed Flax



Milled Flax

Dietary Fiber

4g/tbsp – 17% DV



2.8 g/tbsp – 9.3% DV

Protein

3 g/tbsp



2 g/tbsp

Live Food -- No chemicals, heat or preservatives



Traditional process requires preservatives

100% natural and live quality nutrients

Manganese

29.3 ppm – 208% DV



19.3 ppm

Iron

63.2 ppm – 53% DV



51.4 ppm

More Natural Nutrition – Synthetic Presence = HEALTH

Carbohydrates (5) – Dietary Fiber (4) = Net Carbs (1) – Dr. Mercola

Health Benefits of Crushed Flax

- ❖ High in Omega 3
- ❖ Increases HDL (good cholesterol)
- ❖ Decreases LDL (bad cholesterol)
- ❖ Anti-inflammatory
 - Lowers blood pressure
 - Coronary disease
 - Arthritis
 - Breast, colon, and prostate cancers
- ❖ Non – GMO / GLUTEN FREE

Nutrients high in Crushed Flax

(Amounts per Selected Serving % DV)

Thiamin – 184%

Magnesium – 165%

Phosphorus – 108%

Copper – 102%

Selenium – 61%

Zinc – 49%

Crushed Flax is milled flax on steroids without the synthetics

Contact us

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