

Flaxseed Fiber

MADE WITH PREMIUM QUALITY, CERTIFIED ORGANIC FLAXSEED

Supplement Facts

Serving Size: 5.6 grams (approx. 2 scoops/teaspoons)
Servings Per Container: 45

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	20	
Total Fat	2 g	3%*
Total Carbohydrate	2 g	1%*
Dietary Fiber	2 g	7%*
Protein	1 g	
Organic Flaxseed (<i>Linum usitatissimum</i>)	5.6 g	**

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

** Daily Value not established.

Does not contain gluten.

SUGGESTED USE: 2 SCOOPS PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL. MAY BE TAKEN IN DIVIDED DOSES. MIX WITH 8 OZ WATER OR OTHER LIQUID. ALSO MAY BE SPRINKLED ON FOOD.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

- Nutritious fiber supplement with protein & omega-3s.*
- Versatile applications—mix with water, sprinkle on food or add to shakes, smoothies, baked goods, etc.*
- Cold-milled for optimum freshness.*

Moss Nutrition **Flaxseed Fiber** is made from certified organic, cold-milled whole flaxseeds, a natural source of dietary fiber and other nutrients. This product is intended for use primarily as a fiber supplement but **Flaxseed Fiber** also contains dietary protein, dietary lignans and the important omega-3 essential fatty acid alpha-linolenic acid (ALA). ALA has been researched to help support healthy cardiovascular function, healthy cell membrane structure and a healthy inflammation response.

FLAXSEED and the flax plant in general are ancient botanical allies of human beings, cultivated for thousands of years for use in human dietary, livestock and industrial applications. Flax has provided food, medicine, clothing, paper and more, leading to its Latin name *Linum usitatissimum* (“highly useful”). Flaxseeds, also known as linseeds, have been recognized for helping to promote healthy bowel elimination since at least 500 BC, at which time Hippocrates made note of their laxative properties. Modern research suggests that flaxseed and the oil it contains also may help to support healthy cardiovascular function and immune system health.

Flaxseed contains three primary functional food compounds: mono- and polyunsaturated fatty acids, soluble and insoluble dietary fiber, and lignans. Lignans both provide antioxidant activity and exhibit phytoestrogenic effects. Flaxseed is the richest known source of dietary plant lignans, offering 800 times the lignan content of any other plant food. Flaxseeds also contains vitamin E (mainly in the gamma tocopherol form), B-vitamins such as niacin and folate, and numerous minerals including significant amounts of phosphorus, potassium, magnesium and calcium.

The soluble fiber in flaxseed is rich in mucilaginous compounds that have been shown in both human and animal research to help relieve constipation. A 2007 study found that daily consumption of ground flaxseeds with yogurt and prunes helped decrease the severity of constipation in seniors with mild constipation. Soluble flaxseed fiber also has been associated with helping to support healthy serum cholesterol and blood lipid levels within the normal range. A 2012 double-blind, randomized study found subjects who consumed a drink containing flaxseed fiber for seven days exhibited decreased fasting LDL and total cholesterol and increased fat and energy excretion. Flaxseed fiber drinks also

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* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.



have been shown to help suppress appetite, increase satiety and reduce caloric consumption. In addition to fiber, a number of bioactive compounds in flaxseeds (e.g. peptides, glycosides, ALA and lignans) have been researched to offer benefits to cardiovascular health in different ways including free radical protection and inflammation support.

The oily, nutritious and fiber-rich core of every tiny flaxseed is surrounded by a shiny, hard husk that is difficult to fully break down by chewing alone. Pre-soaking, grinding or milling of whole flaxseeds is widely practiced to release their full nutritional and therapeutic potential. Studies suggest that milled flaxseed, such as Moss Nutrition **Flaxseed Fiber** provides, is remarkably resistant to oxidative degradation. To further promote and preserve freshness, our flax is cold-milled at low temperatures, and some of the oil in the meal is removed after milling to help optimize product stability. Refrigeration after opening also is recommended to help support and extend shelf life.

Flaxseed Fiber may be combined with any liquid—from plain water or apple juice to smoothies and protein shakes. Alternatively, the product may be consumed in a variety of creative ways, both for convenience and to increase the nutritional value of many foods. Some examples include:

Sprinkle **Flaxseed Fiber** on top of yogurt, breakfast cereal, grain dishes or salads.

Mix **Flaxseed Fiber** into condiments such as mayonnaise and mustard.

Add **Flaxseed Fiber** to batters and baked dishes such as breads, muffins, pancakes and casseroles.

Moss Nutrition premium **Flaxseed Fiber** is made with organically grown, non-GMO cold-milled flaxseed. This superior quality raw material is certified kosher by the Kosher Certification Service and certified organic by Quality Assurance International to meet USDA National Organic Program standards. Upon packaging, our finished product is verified gluten-free by independent laboratory testing.

REFERENCES

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