

Supplement Facts

Serving Size: 1 scoop (1/2 tbsp., 5 grams)

Servings Per Container: 30

Amount per serving	% Daily Value
Full Spectrum Lignans Blend 4950mg	†
SDG Lignans (Secoisolariciresinol diglucoside) 223mg**	†

†Daily Value not established.

Ingredients: Flax Hull Lignans.

Suggested Use: Take 1/2 scoop 2x daily, morning and evening. Mix into your favorite beverage or sprinkle on your food. Drink 4-6 ounces of water afterward and drink plenty of water throughout the day. Tastes great as a topping for salads or breakfast cereals, in fruit/vegetable smoothies or added to your favorite recipe.

There are several types of lignans in **Full Spectrum Lignans. This product contains approximately 3-6% SDG Lignans per serving, depending on growing conditions.



Flax naturally®

Flax Hull Lignans

Concentrated
LIGNANS
POWDER

Contains 223 mg
SDG Lignan
per serving!

Full Spectrum Lignan Product

DIETARY SUPPLEMENT

5.3 oz/150 grams

Heartland Products, Inc. is pleased to offer Flax *naturally* Flax Hull Lignans. Our lignans are a *Full Spectrum Lignans* product that are *mechanically* extracted from the flax seed hull. Our product is a unique group of phytonutrients and contains several types of lignans, in particular, SDG Lignans (Secoisolariciresinol diglucoside).

Flax naturally Concentrated LIGNANS:

- Gluten-free. Lignans are naturally low-glycemic*
- Contains soluble and insoluble fiber*
- Phytoestrogens that may help maintain normal hormone balance*
- Per serving, more bioavailable lignans than 70 grams of whole flax*

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



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