Nutrition Facts

Serving Size: 1 packet (8g)
Serving Per Container: about 10

Amount Per Serving	
Calories: 34	Cal from Fat: 24
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0.3g	**1%**
Trans Fat 0g	
Polyunsat. Fat 2g	
Omega-3 ALA 1860mg	
Cholesterol 0mg	**0%**
Sodium 23mg	**1%**
Total Carbohydrates 3g	**1%**
Sugars 0g	
Dietary Fiber 3g	**12%**
Insoluble Fiber 2g	
Protein 1.5g	

Vitamin A 0% •	Vitamin C 0%
Calcium 4% •	Iron 2.5%
Phosphorous 5% •	Magnesium 7%

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