

KEY CONSUMER BENEFITS

All Nature's Path® products are third party certified organic, which means no artificial pesticides, herbicides or fungicides, no GMO's, and no artificial flavors or preservatives are added. Organic also means better soil for the future - less soil erosion, more farm biodiversity, and less groundwater pollution. Nature's Path® has been committed to healthy, delicious food choices for over 20 years.

CERTIFIED ORGANIC INGREDIENTS & NUTRITIONAL INFORMATION



Flax Plus® Flakes
Organic whole wheat flour, organic wheat bran, organic evaporated cane juice, organic flaxseed, organic oat bran, organic barley malt extract, organic rice bran extract, sea salt, tocopherols (natural vitamin E).

Serving Size: 1 cup (55 g)

Amount per serving:

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Daily Value %	
Calories 180	Calories from fat: 26
Total Fat 3 g 5%	
Saturated Fat 0.4 g 2%	
Trans Fats 0 g	
Cholesterol 0 mg 0%	
Sodium 240 mg 10%	
Total Carbohydrate 42 g 14%	
Dietary Fiber 13 g 52%	
Sugars 6 g	
Protein 7 g	

Vitamin A: 0% • Vitamin C: 0%

Calcium 4% • Iron 30%

PRODUCT SPECIFICATIONS

FLAX PLUS FLAKES 1.93 Ounce (55 Gram) Cereal Cup



Case Pack:	30 cups
Case Dimensions:	20.125" (L) x 8.1875" (W) x 9.375" (H) (O.D.)
Case Cube:	.89 cubic feet
Cup Dimension:	4.125" (TD) x 3.00" (H)
Case per Pallet:	120 cases
Units per Pallet:	3,600 cups
Pallet Dimensions:	48.375" (L) x 40.250" (W) x 98.750" (H)
Layers:	12 ti x 10 hi
Pallets Cubic Ft.:	111.27 cubic feet
Lbs. per Pallet:	674 lbs.
Shelf Life Dry:	6 Months