



Meditation As Tonic™

“ORIGINAL”

# VEDIC FLAX™

*Organic Flaxseed Recipe*

READY-TO-EAT

VEGAN NUTRITIONAL SUPPLEMENT

*100% Pure, Ayurvedic Inspired Recipe*

*Anti-Inflammatory - Good for Pain*

*Natural, Low G.I. Sweetener - Agave Nectar*

*Healthy Omega Fats for the Heart*

*Lean, Plant-Based Proteins*

*Energizing Complex Carbohydrates*

*No Preservatives*

NET WT 20 oz (567 g)

AN ESSENTIAL  
SOURCE OF  
**OMEGA-3**  
*See back label*

# Nutrition Facts

Serving Size: Approx 2 oz  
Servings Per Container: 10

<b>Calories</b>	277
Calories from Fat	160
<b>Total Fat</b>	18 g
Saturated Fat	1.67 g
Monounsaturated	8.92
Polyunsaturated	6.6 g
<b>Omega-3 fatty acid</b>	<b>1.7 g</b>
Omega-6 fatty acid	4.9 g

<b>Total Carbohydrate</b>	22.33 g
Complex Carbohydrate	15.17 g
Simple Sugars	
Fructose	5.15 g
Glucose	1.45 g
Sucrose	0.56 g
Dietary Fiber	3.6 g

<b>Protein</b>	7g
Iron.....	2.65mg
Magnesium.....	71mg
Calcium .....	40mg
Sodium .....	6.5mg
Potassium.....	206mg
Phosphorus.....	138mg
Vit A.....	23.8 I.U.
Vit D .....	3.0 I.U.
Vit C.....	1.0mg

**NO CHOLESTEROL**  
**NO TRANS FAT**

*Enjoy the healthful benefits of Vedic-Flax™, a ready-to-eat, vegan nutritional supplement that is amazingly high in Omega-3 Fatty Acid.*

Frequency and serving size is dependent on the specific health outcome you seek.

**Take Vedic Flax™ with at least 8oz. of water.** Please visit our website for more information.

**Ingredients:** Organic Flaxseed (roasted & ground), Garbanzo (Chick Pea) Flour, Whole Wheat Flour, Sunflower Oil, Almonds (ground), Agave Nectar, Wheat Bran, Ginger, Cardamom

*Gluten-Free Vedic-Flax™ also available!*

*Nutritional Analysis performed by:*  
**SILLIKER®, INC.** Food Safety & Quality Solutions, Chicago, IL

*Close tightly and refrigerate after opening. Discard any unused product 6 months after opening.*

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**For more information visit: [www.meditationastonic.com](http://www.meditationastonic.com)**