



Meditation As Tonic™, LLC

“GLUTEN-FREE”

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

AN ESSENTIAL
SOURCE OF

OMEGA-3

See back label

NET WT 20 oz (567 g)

Nutrition Facts

Serving Size: Approx 2 oz

Servings Per Container: 10

| | |
|---------------------------|--------------|
| Calories | 269 |
| Calories from Fat | 147 |
| Total Fat | 16 g |
| Saturated Fat | 1.6 g |
| Monounsaturated | 7.82 g |
| Polyunsaturated | 6.14 g |
| Omega-3 fatty acid | 1.5 g |
| Omega-6 fatty acid | 4.6 g |
| Total Carbohydrate | 28 g |
| Complex Carbohydrate | 16.7 g |
| Simple Sugars | |
| Fructose | 5.5 g |
| Glucose | 1.5 g |
| Sucrose | 0.7 g |
| Dietary Fiber | 3.65 g |
| Protein | 6 g |
| Iron..... | 1 mg |
| Magnesium..... | 71 mg |
| Calcium | 50 mg |
| Sodium | 3.5 mg |
| Potassium..... | 258 mg |
| Phosphorus..... | 163 mg |
| Vit A..... | 20 I.U. |
| Vit C..... | 0.6 mg |

GLUTEN-FREE
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 and ground), Organic Brown Rice Flour, Garbanzo (chick pea) Flour, Sunflower Oil, Almonds (ground), Organic Agave Nectar, Ginger, Cardamom

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.

4533 Warner Road
Cleveland, Ohio 44105
vedicflax@yahoo.com

For more information visit: www.meditationastonic.com