

Nutrition Facts

34 servings per container

Serving size 2 Tbsp. (10 g)

Amount per serving

Calories 50

% Daily Value*

Total Fat 3.5 g **4%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Total Carbohydrate 4 g **1%**

Dietary Fiber 3 g **11%**

Total Sugars 0 g

Includes 0 g added Sugars **0%**

Protein 2 g

Vitamin D 0 mcg **0%**

Calcium 30 mg **2%**

Iron 0.8 mg **4%**

Potassium 60 mg **1%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FLAX SEEDS*, WHOLE PSYLLIUM HUSKS*, HEMP SEEDS*, CHIA SEEDS*, BLACK SESAME SEEDS*, BLACK CUMIN SEEDS*.

*Certified Organic Ingredients

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696

Certified Organic By: ECOCERT ICO



SUGGESTED USE: Shake bag before use.

Contents may settle. Grind two tablespoons (10g) or consume whole.

DO NOT USE IF SAFETY SEAL IS TORN OR DAMAGED.

Dr. Mercola has been providing quality products since 2001.

DR. MERCOLA®
PREMIUM NUTRITION

PURE POWER *organic* **MITOMIX™** **SEED BLEND**

Organic Mitomix Seed Blend is a delicious blend of organic golden flax seeds, whole husk psyllium, hulled hemp seeds, chia seeds, black sesame seeds and black cumin seeds. This crunchy, slightly nutty blend can be eaten alone or as a topping to meals. Add Mitomix Seed Blend to smoothies and shakes, or top salads, yogurt or oatmeal.

Organic Mitomix Seed Blend has been specially designed by Dr. Mercola to contain a very specific balance of organic seeds and psyllium to fit into your Ketogenic Diet, providing plant based omega-3s, lignans and fiber. Dr. Mercola uses this blend in his daily Breakfast Recipe. For this recipe and more go to recipes.mercola.com.



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