

FLAX MILK NUTRITIONAL REFERENCE

Per 8 fl oz (240ml) Serving

Nutrient	Unsweetened	Original	Protein Enriched
Calories	25 kcal	60 kcal	70 kcal
Total Fat	2.5g	2.5g	3.5g
Omega-3 (ALA)	1200mg	1200mg	1200mg
Sodium	160mg	160mg	190mg
Total Carbs	1g	8g	2g
Dietary Fiber	0g	0g	1g
Sugars	0g	7g	0g
Protein	0g	0g	8g
Calcium	30% DV	30% DV	30% DV
Vitamin D	25% DV	25% DV	25% DV
Vitamin B12	25% DV	25% DV	25% DV

**Percent Daily Values (DV) are based on a 2,000 calorie diet. Data represents average commercial fortification levels. Specific values may vary by brand.*