

Loaded with
Flaxseed Goodness

"The muffin that
makes a difference"SM



Each muffin contains enough flaxseed to promote the wellness benefits provided by this ancient grain.

Each FlaxSnax muffin has 4,350mg of Omega-3s!

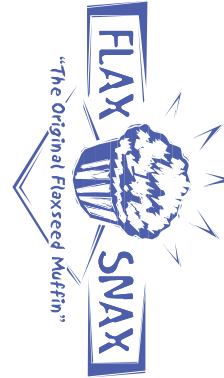
FlaxSnax muffins freeze well, so you can always have the fresh-baked taste at home. Simply heat at 350° F. for 15 minutes.

Nutrition Facts	
Serving Size 1 muffin 4.4 oz.(125g)	
Amount Per Serving	
Calories 440 Calories from Fat 230	
	% Daily Value*
Total Fat 25g	39%
Saturated Fat 2g	10%
Polyunsaturated Fat 11g	
Monounsaturated Fat 12g	
Cholesterol 30mg	10%
Sodium 340mg	14%
Potassium 230mg	7%
Total Carbohydrate 49g	16%
Dietary Fiber 8g	32%
Sugars 31g	
Protein 7g	
Vitamin A 0%	• Vitamin C 15%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

FS003

Finally, a healthy product
that tastes great!

PO Box 1020
Brownsdale MN 55918



Good-for-you
never tasted
so good!



Do something wonderful for **YOU** today and see why FlaxSnax is...

"The muffin that
makes a difference"SM



FlaxSnax — The Original Flaxseed Muffin — is wonderful with your morning's first cup of coffee or perfect too as an anytime snack.

Its hearty, nutty flaxseed flavor is moist and balanced with high notes of apples, cinnamon and the most flavorful cranberries we could find. You won't believe how something that tastes this great can be so good for you too!

Ounce per ounce, flaxseed is one of the richest sources of Omega fatty acids known in nature. Omega-3s are the good fat that the American Heart Association says is needed for good heart health. Our new FlaxSnax muffins are the most tasty and fun way to get all of your daily Omega-3s and more!



This is not a low-fat, low-cal, low-sugar, low-carb, or new low-anything! In fact, FlaxSnax muffins are high in everything — high in taste, high in quality, high in flax, high in Omega-3s, high in fiber, and high in cinnamon too!

Our goal is to bring you the great taste you want while delivering the flaxseed you need.

Join FlaxSnax in the fight against Coronary Heart Disease in America. By adding FlaxSnax to your repertoire of staples, you'll be making a difference by taking care of **YOU** with... "The Muffin That Makes a Difference"SM.



Flaxseed

— Rich in Benefits

- Flaxseed can lower cholesterol, triglycerides, and blood pressure!
- FlaxSnax muffins have more fiber than most bran muffins, promoting regularity, helping lower cholesterol, and preventing colon cancer!
- Flaxseed has been shown to balance hormonal levels which soothes PMS and menopausal symptoms!
- Flaxseed has been proven to be a memory enhancer!
- Flaxseed can extend your life span to 150 years!

Okay, we really can't know about the last one, but all the other stuff is true!