

DR. MERCOLA®

MITOMIX™ KETO



organic
SEED BLEND

A Blend of Organic Flax Seeds, Whole Husk Psyllium,
Hemp, Chia, Black Sesame and Black Cumin Seeds

Provides a Whole Food Source of Fiber
for your Ketogenic Diet



NET WT. 12 OZ. (340 g)

Nutrition Facts

34 servings per container
Serving size 1 Tbsp. (10 g)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 3.5 g	4%
Saturated Fat 0.5 g	3%
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 29 mg	2%
Iron 0.8 mg	4%
Potassium 64 mg	<2%

* The % Daily Value 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



DR. MERCOLA®

MITOMIX KETO

organic
SEED BLEND

Mitomix™ Keto Organic 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 Keto Organic Seed Blend to smoothies and shakes, or as a topper for salads, yogurt or oatmeal.

Mitomix Keto Organic Seed Blend has been specially designed 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.

SUGGESTED USE: Shake gently before use.

Contents may settle. Measure one (1) tablespoon (10 g), grind or consume whole.

DO NOT USE IF SAFETY SEAL IS TORN OR DAMAGED.

Dr. Mercola has been providing quality products since 2001.

