

A New Awakening For Every Cell

- **Lignan Gold is Low-Temp Micronized for fast maximum utilization.**
- **Uniquely concentrated — Each 5 gram daily supply contains all 27 types of Lignans equivalent to eating 12 pounds of whole, organic flax seeds. That makes for superior potency, superior synergy and superior lignan benefits.**
- **Lignans are consumed by beneficial bacteria in your intestines which accounts for around 70% of your body's immunity power & digestion.**
- **Lignans haul away cholesterol.**
- **Lignans help improve breast & prostate health, hormones & sleep.**
- **Lignans are antioxidants protecting your DNA and your cells by detoxifying free radical poisons and helping to cleanse them from every cell, organ and system.**
- **Antioxidants quash inflammation to reduce pain, enhance energy and improve joint mobility. 196,000 ORAC/100grams.**
- **RAMP UP — Lignans Are Powerful Nutrients for adult humans and pets. Serving size is 3 level spoons per 150 pounds of body weight. Adjust serving size accordingly. Simply mix with juice and/or water in a shaker jar — or with fruit and ice in a blender — or sprinkle on food.**

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Text, Art, Exclusive Proprietary Ingredient & Energetics Signature
Bottled in USA With The Finest Flax Lignan From Alberta, Canada

Not intended for pregnancy or children without doctor's advice. These statements have not been evaluated by the FDA. **Lignan Gold** is a SuperFood intended for supplying phytonutrients to work with your body's natural processes, and not for any medicinal purpose.

• **Sold by weight • Freshness packets & spoon enclosed**
— Please see website for details —

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Toll Free: 1-866-543-3388
gaiathera.com



Genuine
**LIGNAN
GOLD™**

Richest Source Of Powerful SDG
300 to 600mg Of SDG Per 5gram Serving

Instant Powder Blend

Powder Equivalent of 600 Capsules At 250mg Each

SuperFood Powder 150g (5.3oz)

Ingredient — Nutrient Optimized
100% Certified Organic Non-GMO
Raw Flax Seed Skin ("Hull")
From Alberta, Canada — Nothing Added

Nutrition Facts

Serving Size: 3 Level Spoons (enclosed)
(2mL)(5,000mg) (5grams)
Servings Per Container: About 30

Naturally Occurring Amounts Per Serving

Calories 19 Fat Calories 1

*Total Fat 0.35g (As Essential Fatty Acids) 1%

*Saturated Fat 0.3g (Naturally Occurring) 1%

Trans Fat 0mg • Cholesterol 0mg 0%

Sodium 2mg (Naturally Occurring) 0%

Total Carbohydrates 2.6g 1%

Sugars 0g • Dietary Fiber 2.6g 9%

Protein 1.25g

Vit. A (Animal Sourced) 0% • Calcium 50mg 5%

Vit. C 17mg 1% • Iron 2.0mg 0%

Also Contains ~ DRIs Not Established

• Bioavailable SDG - Secoisolaricresion Diglucoside
300 to 600mg Per 5gram Serving

• All 27 Types of Flax Lignans In Each Serving

Tested Free Of Farm Chemicals. Well Tolerated By Virtually

All Individuals. 99.9% Gluten Free. Contains No: GMO, Corn,

Soy, Nuts, Meat, Dairy, Egg, Shellfish, Yeast, Starch, Stearate, Gelatin,

Binders, Fillers or Coatings, No Added Sugars, Chemical Sweeteners,

Colors, Flavors or Preservatives.

TEXT 170731.1607

PRODUCED 31 JUL 2017
BEST BEFORE 31 JUL 2020
WHOLE SOME UNOPENED 5 YRS IN FREEZER
3 YRS REFRIGERATED • 2 YR ROOM TEMP
BEST BY 12 MO OF OPENING IF KEPT COOL

**LIGNAN
GOLD**

150g

**ITEM #
3337**