

Nutrient	Whole Flaxseed (11 grams)	Ground Flaxseed (8 grams)	Flax oil (14 grams)
Calories	50	36	124
Protein(gm)	2.2	1.6	0
Fat(gm)	4.5	3.3	14.0
Omega-3 fat(mg)	2600	1900	8000
Omega-6 fat(mg)	700	500	2200
Fiber(gm)	3.0	2.2	0
Calcium(mg)	26	18.9	0
Magnesium(mg)	47.4	34.5	0
Phosphorus(mg)	68.4	49.8	0
Potassium(mg)	91.4	66.5	0
Folic Acid(mcg)	12.3	9.0	0