

Suggested use: As a dietary supplement, adults take 1-2 tablespoons daily can be mixed with foods, used as a salad dressing, or taken directly. Do not use for cooking or baking as heating may destroy some of the nutritional value of the oil.

Keep refrigerated after purchase. Flax oil is best when used within 6 weeks of opening. Freezing will extend shelf life up to one year.

Amni's organic flax seed oil has been mechanically expeller pressed under 96° F and packaged in a non-leaching, light-resistant container. Vitamin E has been added to help stabilize the oil for a longer shelf life. Thus, when stored and used as directed, the natural smooth fresh taste of our flax oil is maintained up to the date stamped on the bottle.



amni® original formula



FLX-L



ORGANIC FLAX SEED OIL



amni® original formula

Dietary Supplement
100% Certified Organic
Liquid Flax Seed Oil



**Douglas
Laboratories®**

**12 fluid ounces
(350 ml)**

Supplement Facts

Serving Size 1 Tbsp (14 ml)
Servings Per Container 25

Amount Per Serving	%DV†
Calories	130
Calories from Fat	130
Total Fat	14 g 22%
Saturated Fat	1 g 5%
Vitamin A (100% as Beta-Carotene)	70 IU 1%
Vitamin E (as d-alpha tocopherol)	16 IU 53%
Providing average Fatty Acid Profile:	
Omega-3 Fatty Acids (as linoleic acid)	7,560 mg *
Omega-6 Fatty Acids (as linoleic acid)	2,100 mg *
Omega-9 Fatty Acids (as oleic acid)	1,260 mg *

† Percent daily values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: 100% pure, unrefined, organically grown flax seed oil.

Manufactured in the USA for:
Douglas Laboratories
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www.douglaslabs.com