Serving Size: 1 tablespoon (15 mL) Liquid	Amount/Serving	%DV
Calories	130	
Calories from fat	130	
Total Fat	14g	22%**
Saturated Fat	1.5g	2%**
Polyunsaturated fat	11g	*
Monounsaturated fat	1.5g	*
Omega-3 Fatty Acids as Alpha-Linolenic Acid (ALA)	2.5g	*
Omega-6 Fatty Acids	8.5g	*
Linoleic Acid (LA)	8g	*
Gamma-Linolenic Acid (GLA)	420mg	*
Omega-9 Fatty Acids as Oleic Acid (OA)	1.7g	*