

SUGGESTED USAGE: As an herbal dietary supplement, take one tablespoon (15 mL) 1 to 2 times daily, preferably with meals. Suitable in salad dressing oil, sauces, peanut butter, yogurt and protein shakes; it can also be used in place of butter on rice, potatoes or toast. Gradually increase your intake if desired.

NOW® High Lignan Flax Seed Oil is a non-genetically engineered natural supplement that contains 20% flax particulate matter which provides approximately 16 mg of lignans per serving. Lignans are phytochemicals that are gaining interest in the medical community for their reported health benefits. Our Flax Seed Oil is unrefined, cold-pressed and a great vegetable source of dietary Omega-3 fatty acids, which have been shown to support overall health. Look for this and other fine NOW® products in health food stores nationwide.

KEEP REFRIGERATED

In order to retain freshness, keep the bottle tightly closed and refrigerated. For maximum freshness, consume within 6-8 weeks after opening.

Contains 100% Cold-Pressed, Organic Flax Seed Oil with a special natural antioxidant included to protect freshness.



Certified Organic
High Lignan

Flax Seed Oil

- Non-GE, Organic Flax Seeds
- Cold-Pressed & Unrefined
- A Vegetarian Alternative for Omega-3 Fatty Acids



000062126 3/18/05

Net 12 fl. oz. (355 mL)

An Herbal Dietary Supplement

Supplement Facts

Serving Size 1 TBSP (15 mL)

Servings Per Container 23

	Amount Per Serving	%Daily Value
Calories	122	
Calories from Fat	115	
Total Fat	13 g	20%*
Saturated Fat	1.4 g	7%*
Polyunsaturated Fat	8.1 g	†
Monounsaturated Fat	1.7 g	†
Vitamin A (as Beta-Carotene)	110 IU	2%
Lignans	16 mg	†
Omega-3 Fatty Acids (Alpha Linolenic Acid)	6.5 g (6,500 mg)	†
Omega-6 Fatty Acids (Linoleic Acid)	1.6 g (1,600 mg)	†
Omega-9 Fatty Acids (Oleic Acid)	1.7 g (1,700 mg)	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients: Organic Flax Seed Oil (unrefined and Non-GE), Organic Flax Particulate Matter (source of lignans) and a natural antioxidant blend of Rosemary Extract, Vegetable Oil and Ascorbic Acid.

Contains no salt, sugar, alcohol, yeast, gluten, wheat, corn, milk, egg, coloring, flavoring or artificial preservatives.

Certified Organic by Quality Assurance International.

Distributed by NOW FOODS
BLOOMINGDALE, IL 60108

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