

**Suggested Use:** One (1) to two (2) tablespoonfuls daily. Can be used in salad dressings, mixed with yogurt, cottage cheese, oatmeal or used in blended beverages & protein drinks. Do not use for cooking or baking as heating may destroy some of the nutritional value of the oil.

**Best Refrigerated After Opening.**

Flax Oil is best when used within 6 weeks of opening. Freezing will extend shelf life up to one year.

**SHAKE WELL.** Natural settling may occur. Stirring suggested to fully disperse flax particulate.

Our "**Lignan Rich**" Flax Seed Oil is cold-expeller pressed which gently liberates delicate Omega-3 flax oil, while capturing Lignan Rich flaxseed particulates. Lignans are natural plant phytonutrients found locked within flaxseeds. This process insures the freshest, most nutritious and best tasting flax oil available:

- 100% Organic / Pesticide Free
- Unrefined / Unfiltered
- Protected from heat, light & oxygen

Formulated for:  
**Martin Avenue Pharmacy, Inc.**  
"We Make It Better..."  
Naperville, IL 60540  
(630) 355-6400



*"Lignan Rich"*  
**Flax Seed Oil**

**100% Organic**  
**Unrefined / Pesticide Free**

**Dietary Supplement**  
**16 Fluid Ounces**  
**(473ml)**

**[www.MartinAvenue.com](http://www.MartinAvenue.com)**

**One Tablespoonful Provides:**

- Omega-3 alpha linolenic 6200 mg
- Omega-6 linoleic 1810 mg
- Omega-9 oleic 2040 mg
- Flaxseed particulate 2660 mg

**Supplement Facts**

Serving Size 1 Tbsp (14 ml)

Servings Per Container 33

|                         | Amount<br>Per Serving | %Daily<br>Value* |
|-------------------------|-----------------------|------------------|
| Calories                | 110                   |                  |
| (Calories from Fat 110) |                       |                  |
| Total Fat               | 11 g                  | 19%              |
| Saturated Fat           | 1 g                   | 5%               |
| Polyunsaturated Fat     | 8 g                   |                  |
| Monounsaturated Fat     | 2 g                   |                  |
| Cholesterol             | 0 mg                  | 0%               |
| Sodium                  | 0 mg                  | 0%               |
| Total Carbohydrate      | less than 1 g         |                  |
| Dietary Fiber           | 1 g                   | 4%               |
| Sugars                  | 0 g                   |                  |
| Protein                 | less than 1 g         |                  |

Not a significant source of dietary fiber, Vitamin A, Vitamin C, Calcium, and Iron.

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

**Ingredients:** 100% pure, unrefined, unfiltered, organically grown flax seed oil, flaxseed particulate.

**QUALITY AND POTENCY  
GUARANTEED**

#10061