## Premium Organic Flax Oil

- 57% Omega-3 (alpha-linolenic acid)
- 17% Omega-9 (oleic acid)
- 15% Omega-6 (linoleic acid)

## **Superior Freshness & Flavor**

- FreshGuard® blend
- Light protective bottles
- Nitrogen-flushed packaging

## **Cold Pressed & Unrefined**

· Hexane free, no chemical solvents

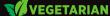
**GLUTEN FREE.** No sugar, salt, yeast, wheat, corn, soy, dairy products, artificial colors, or flavors.

**Keep out of reach of children.** Safety sealed with outer shrink-wrap seal and inner seal. Do not use if either seal is broken or missing.

Please recycle this container.









Recommendation: Shake well before use.
Take 1 Tablespoon (15 mL) 1 to 2 times daily.
If pregnant, nursing, or taking any medications, consult a healthcare professional before use.
Refrigerate after opening.

## **Supplement Facts**

Serving Size 1 Tablespoon (15 mL) Servings per Container 32

Amount per Serving		% DV
Calories	130	
Total Fat	14 g	18%†
Saturated Fat	1 g	5%†
Trans Fat	0 g	**
Polyunsaturated Fat	10 g	**
Monounsaturated Fat	2.5 g	**
Cholesterol	0 mg	0%
Organic Flax Seed Oil	14 g	**
Omega-3 Fatty Acids	8 g	**
as alpha-linolenic acid (ALA)		
Omega-9 Fatty Acids	2.4 g	**
as oleic acid (OA)		
Omega-6 Fatty Acids	2.1 g	**
as linoleic acid (LA)		

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

Other ingredients: FreshGuard® blend (organic sunflower seed oil, organic rosemary extract [stem, leaf], mixed tocopherols, ascorbic acid, citric acid) (preservative to maintain freshness)

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