

Flax Seed Oil

Flax Seed Oil is rich in alpha-linolenic acid, an essential ω -3 fatty acid, extracted using a special chemical-free, cold-pressing process which minimizes the damaging effects of light, oxygen and heat. Also contains linoleic acid (ω -6) and oleic acid (ω -9).

It is packaged in this special UVA/UVB light-inhibiting bottle.

A special natural antioxidant is included to ensure a fresher, longer lasting product.

In order to retain the highest quality oil, keep refrigerated after opening.

Suggested Use

As a dietary supplement, 1 tablespoon one or two times daily, preferably with meals.

Suitable as a salad oil.

Do not use for frying.

Formulated exclusively for
Allergy Research Group®
Alameda, CA 94502
www.allergyresearchgroup.com

Net 8.02

AllergyResearchGroup®

Cold-Pressed Flax Seed Oil



dietary supplement

8 fl. oz. (236 ml)

Supplement Facts

Serving Size 1 Tablespoon (approx. 14 g)
Servings Per Container 17

Amount Per Serving		
Calories		130
Calories from Fat		130
	% Daily Value*	
Total Fat	14 g	22%
Saturated Fat	1.5 g	7%
Monounsaturated Fat	1.5 g	
Polysaturated Fat	8 g	
Flax Seed Oil	14 g	†
Alpha-Linolenic Acid (omega-3)	7.7 g	†
Linoleic Acid (omega-6)	2.4 g	†
Oleic Acid (omega-9)	2.4 g	†

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

Other ingredients: Rosemary, mixed tocopherols, ascorbyl palmitate, citric acid.

California Proposition 65 Warning:

This product contains chemicals known to the state of California to cause birth defects or other reproductive harm.

