

1.800.446.2110
www.florahealth.com



Pure Premium Oil

Flora Flax Oil is pressed from certified organic flax seeds (third party certification) that have been carefully selected for flavor and maturity. Each and every batch of flax seed is also tested to ensure it is gluten-free. Flora's Flax Oil has been Non-GMO Project Verified in order to ensure the safest, highest quality oil possible.

The seeds are pressed in a state-of-the-art, low-heat, light- and oxygen-free environment—then bottled in light-resistant amber glass to ensure maximum nutritional value and freshness. Each tablespoon of Flora Flax Oil contains 7 g omega-3 and 2 g omega-6 essential fatty acids (EFA) for the maintenance of good health.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

meadows; flowers in June.

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Certified Organic Flax Oil

Cold-Pressed & Unrefined
Gluten-Free

Dietary Supplement

17 FL. OZ.
(500 mL)



Supplement Facts

Serving Size 1 Tbsp. (15 mL)
Servings Per Container about 33

Amount Per Serving	% Daily Value
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Calories 130	
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Total Fat 14 g	18%*
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Saturated Fat 1 g	5%*
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Polyunsaturated Fat 9 g	†
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Monounsaturated Fat 2.5 g	†
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Omega-3 ALA (alpha-linolenic acid) 7 g	†
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Omega-6 LA (linoleic acid) 2 g	†
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Omega-9 OA (oleic acid) 2.5 g	†
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† Daily Value not established.

* Percent Daily Value based on a 2,000 calorie diet.

INGREDIENTS: Organic flax seed oil.
Nitrogen-flushed to maintain freshness.

CAUTION: Manufactured in a facility that
also processes mustard and wheat.

MANUFACTURED BY: FLORA, INC.
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1.800.446.2110
CERTIFIED ORGANIC BY QAI
67902-R12

SUGGESTED USE: Shake well before
using. Take 1 tbsp. up to 3 times
daily. **FOR OPTIMUM FRESHNESS
KEEP PRODUCT REFRIGERATED**
and use within 2 months after
opening. Flax oil can be frozen to
maintain freshness. It tastes deli-
cious alone or may be combined
with food such as salad dressings,
sauces, power shakes, on veg-
etables, or spread on bread. **DO
NOT** heat or use for frying. **Security
sealed for your protection. Do not
use if seal is missing or damaged.**

