

1.800.446.2110
www.florahealth.com



Pure Premium Oil



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LOT:
BEST BEFORE:

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.



8.5 FL. OZ.
(250 mL)



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Certified Organic Flax Oil

Cold-Pressed & Unrefined
Gluten-Free

Dietary Supplement

Supplement Facts

Serving Size 1 Tbsp. (15 mL)
Servings Per Container about 16

Amount Per Serving	% Daily Value
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Calories 130

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.,
805 E. BADGER RD.
LYNDEN, WA 98264
1.800.446.2110
CERTIFIED ORGANIC BY QAI
67900-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 delicious alone or may be combined with food such as salad dressings, sauces, power shakes, on vegetables, 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.**