

1.800.446.2110
www.florahealth.com



Pure Premium Oil



LOT:
BEST BEFORE:

Flora's High Lignan Flax Oil is a vegetarian source of omegas, each tablespoon containing 7 g omega-3 and 2 g omega-6 fatty acids (EFAs) for the maintenance of good health*. Every batch of certified organic flax seed (third party certification) has been carefully selected for flavor and maturity. In addition, 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. This oil provides lignans, a natural source of beneficial antioxidants and phytoestrogens.*

Flora's flax 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.

*These statements have 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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ay saith, that the powder
or the decoction thereof
ppings and High Lignan
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taketh them away. The
th liquor to this oil
for those that are
re troubled with the cough,

ssages, and to expectorate
those that are
ture, being boiled in wine
the plague, the decoction
e root being used to smell
the root taketh away the
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a rheums and thin distilla-
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ny inward sores or wounds,
wounds, and draweth any

Certified Organic High Lignan 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
Calories 130	
Total Fat 14 g	18%*
Saturated Fat 1 g	5%*
Polyunsaturated Fat 9 g	†
Monounsaturated Fat 2.5 g	†
Omega-3 ALA (alpha-linolenic acid) 7 g	†
Omega-6 LA (linoleic acid) 2 g	†
Omega-9 OA (oleic acid) 2.5 g	†

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

INGREDIENTS: Certified organic flax seed oil, certified organic defatted flax seed. 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
67896-R09
CERTIFIED ORGANIC
BY QAI



SUGGESTED USE: *Shake well before using.* Take 1 tbsp. up to 3 times daily. **FOR OPTIMUM FRESHNESS, KEEP 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.**