

Pure Premium Oil

I O T · BEST BEFORE: Flora DHA Flax Oil is a vegetarian source of cold-pressed, unrefined docosahexaenoic acid (DHA) blended with Flora Flax Oil to provide vegetarian (algae-derived) DHA. DHA is an omega-3 fatty acid that is important in all stages of life.\* In adults, DHA supports healthy brain function.\* Flora's DHA Flax Oil is pressed from flax seeds 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.

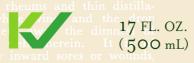
The seeds are pressed in a state-of-the-art. low-heat, light- and oxygen-free environment-then bottled in light-resistant, amber glass to ensure maximum nutritional value and freshness. A serving of Flora's DHA Flax Oil provides 7 g omega-3 and 2 g omega-6 essential fatty acids (EFA) for the maintenance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

\*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.

## IDHA Flax Oil

Supports cognitive function and overall health & well-being\* Vegan • Gluten-Free

## **Dietary Supplement**



## **Supplement Facts**

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

Amount Per Serving	% Daily Value
Calories 120	
Total Fat 13 g	17%*
Saturated Fat 1 g	5%*
Polyunsaturated Fat 9 g †	
Monounsaturated Fat 2.5 g †	
Omega-3 fatty acids 7	g †
ALA (alpha-linolenic acid) 7 g	
DHA (docosahexaenoic acid) 100 mg	
Omega-6 LA (linoleic acid) 2 g †	

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

† Daily Value not established.

INGREDIENTS: Organic flax seed oil, algal oil (Schizochytrium sp.), organic rosemary leaf extract\*\*.

high oleic sunflower seed oil, tocopherols\*\*, ascorbyl palmitate\*\*. (\*\* as antioxidant)

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

MANUFACTURED BY: FLORA, INC., 805 E. BADGER RD., LYNDEN, WA 98264 1.800.446.2110.67892-R09

SUGGESTED USE: Shake well before using. Take 1 tbsp, one to three times daily with meals. FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED AND USE WITHIN 8 WEEKS AFTER OPENING. Can be frozen to maintain freshness. DO NOT heat or use for frying. One serving of Flora DHA Flax Oil provides 100 mg of DHA Omega-3 fatty acids. (See Supplement Facts panel for fat content.) Security sealed for your protection. Do not use if seal is missing or damaged.



