

**Fresh Cold Pressed for
Maximum Nutrition &
Best Taste**

Vegans, raw food enthusiasts and chefs all enjoy our clear flax oil for its numerous health benefits, mild flavor and versatility.

- High in ALA, a Vital Vegan Omega-3 Fatty Acid
- Fresh, Mild Flavor
- Pure & Unrefined
- Certified Organic
- Non-GMO Project Verified
- Gluten Free, Vegan, Kosher

SUGGESTED USE: 1 – 2 Tbsp daily.

Can be taken straight or mixed into salad dressings, yogurt, oatmeal or smoothies.

Refrigerate for quality.

Keep out of reach of children.



FRESHNESS DATING

ESTD 1989

BARLEAN'S

PATHWAY TO A BETTER LIFE

NON
GMO

GLUTEN
FREE

Fresh

FLAX OIL SUPPLEMENT

Organic

Pure & Unrefined

Fresh Cold Pressed



**WORLD'S FRESHEST
FLAX OIL®**

8 fl oz / 236 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	120	
Total Fat	14 g	18%*
Saturated Fat	1 g	6%*
Polyunsaturated Fat	9 g	†
Monounsaturated Fat	2.5 g	†

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (ALA) 7640 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 1900 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 2200 mg †

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil.

**LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:**

barleans.com

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Certified Organic by QAI

US-ORG-050



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