

**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\***

12 fl oz / 355 mL

**Supplement Facts**

Serving Size 1 Tbsp (15 mL)  
Servings Per Container 24

	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  
800/445-3529

Barlean's Ferndale, WA 98248  
Certified Organic by QAI  
US-ORG-050



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