## 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

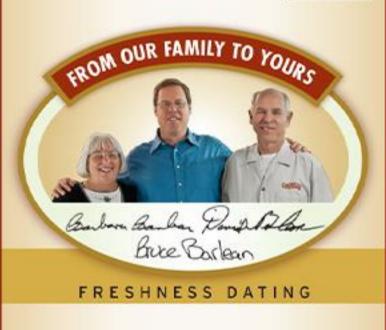
SUGGESTED USE: 1 - 2 Tbsp daily.

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

Refrigerate for quality.

Keep out of reach of children.









# Organic

Pure & Unrefined

Fresh Cold Pressed





WORLD'S FRESHEST

16 fl oz (1 pt) 473 mL

## Supplement Facts

Serving Size 1 Tbsp (15 mL) Servings Per Container 32

Amoun	t Per Serving	% Daily Value
Calories	120	- 11
Total Fat	14 g	18%*
Saturated Fat	1 g	6%*
Polyunsaturated Fat	9 g	†
Monounsaturated Fat	2.5 g	t

Alpha Linolenic Acid (ALA) 7640 mg

### Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 1900 mg

## Omega-9 Monounsaturated Fat:

2200 mg Oleic Acid

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-0RG-050



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