

**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



**NON
GMO**

**GLUTEN
FREE**

Fresh

FLAX OIL SUPPLEMENT

Organic

Pure & Unrefined

Fresh Cold Pressed



**WORLD'S FRESHEST
FLAX OIL®**

32 fl oz (1 qt) 946 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 63

	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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