

## Fresh Cold-Pressed, for Maximum Nutrition.

Our clear fresh flax oil is gently cold-pressed and never heated, to maintain the best taste and maximum nutrition.

- High in ALA, a Vital Omega-3 Fatty Acid
- Pure & Unrefined, North American Grown
- Non-GMO & Gluten Free

§AC Nielsen Syndicated Market Data

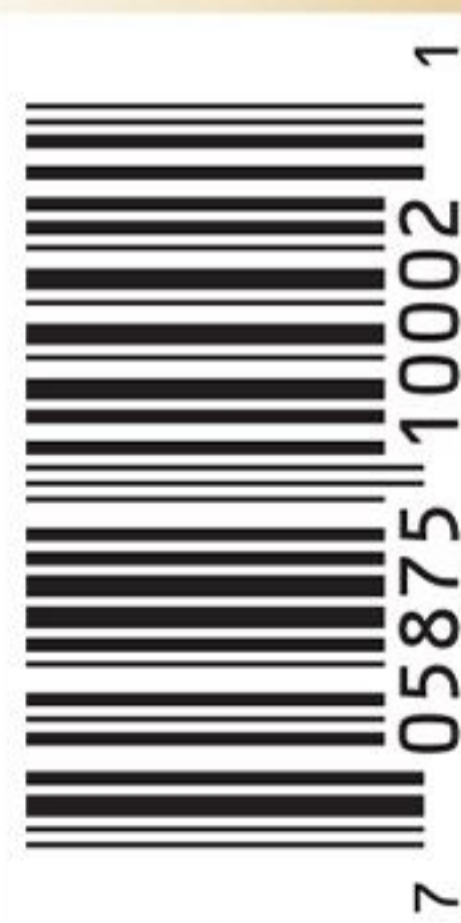
LEARN MORE ABOUT A PATHWAY TO A BETTER LIFE:

barleans.com • 800/445-3529

Barlean's Ferndale, WA 98248



FRESHNESS DATING



LA-00169-06

PRODUCT OF U.S.A.

ESTD 1989

# BARLEAN'S



GLUTEN FREE

NON-GMO

*Fresh*

# FLAX OIL SUPPLEMENT

Made with North American Flaxseed  
Freshly Cold Pressed

250 Softgels

AMERICA'S  
BEST SELLING  
OMEGA-3  
FLAX OIL<sup>§</sup>

## Supplement Facts

Serving Size 3 Softgels (3 g)

Servings Per Container 83

	Amount Per Serving	% Daily Value
Calories	30	
Total Fat	3 g	4%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†

### Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (ALA) 1650 mg †

### Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 410 mg †

### Omega-9 Monounsaturated Fat:

Oleic Acid 480 mg †

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

**INGREDIENTS:** Flaxseed oil and softgel (gelatin, glycerine, and water). **SUGGESTED USE:** 3-9 softgels per day. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

PATENTS: See [www.barleans.com/patents](http://www.barleans.com/patents)