

Fresh Cold Pressed & Packed with Omega-3 and Lignans

We've left the flax particulate in our Lignan Flax Oil, which gives it a fresh, nutty flavor and provides powerful antioxidant flax lignans for maximum nutrition.

- High in ALA, a Vital Vegan Omega-3 Fatty Acid
- Fresh, Nutty Flavor
- Pure & Unrefined, with Lignan Flax Particulate
- 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.

SHAKE WELL. Stirring suggested to fully disperse flax particulate.

Keep out of reach of children.



FRESHNESS DATING

ESTD 1989

BARLEAN'S



NON
GMO

GLUTEN
FREE

Lignan

FLAX OIL SUPPLEMENT

Organic

Pure & Unfiltered

Fresh Cold Pressed



**WORLD'S FRESHEST
FLAX OIL®**

16 fl oz (1 pt) 473 mL

Supplement Facts

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

	Amount Per Serving	% Daily Value
Calories	120	
Total Fat	13 g	17%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	9 g	†
Monounsaturated Fat	2.5 g	†

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (ALA) 7230 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 1800 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 2100 mg †

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

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil, organic flaxseed particulate.

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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