

Fresh Cold-Pressed. Packed with Omega-3 & Lignans.

We've left in some of the flax particulate, which provides powerful antioxidant flax lignans.

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

§AC Nielsen Syndicated Market Data

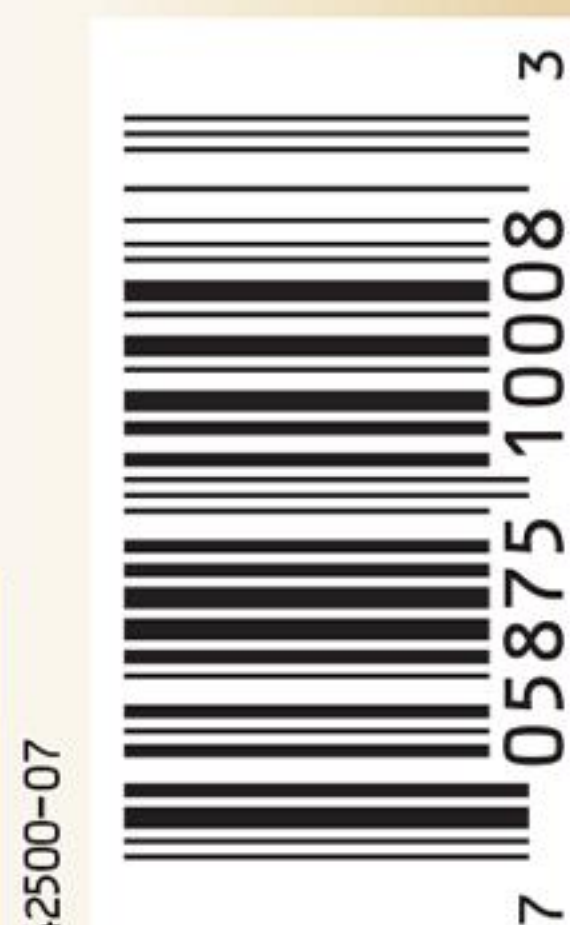
LEARN MORE ABOUT A PATHWAY
TO A BETTER LIFE:

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Barlean's Ferndale, WA 98248



FRESHNESS DATING



42500-07

PRODUCT OF U.S.A.

ESTD 1989



GLUTEN FREE

NON-GMO

Lignan

FLAX OIL

SUPPLEMENT

Made with North American Flaxseed
Freshly Cold Pressed

250 Softgels

AMERICA'S
BEST SELLING
OMEGA-3
FLAX OIL^S

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) 1550 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 385 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 450 mg †

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

† Daily Value not established.

INGREDIENTS: Flaxseed oil, softgel (gelatin, glycerine, water, and caramel color), and flaxseed particulate. **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