

Suggested Usage: Take 1 tablespoon 1 to 2 times daily, preferably with meals. Suitable in salad dressing oil, sauces, peanut butter, yogurt and protein shakes; it can also be used in place of butter on rice, potatoes or toast.

KEEP REFRIGERATED

In order to retain freshness, keep the bottle tightly closed and refrigerated. For maximum freshness, consume within 6-8 weeks after opening.

NOW® Flax Oil delivers the natural nutrient profile found in genuine whole foods.

Not manufactured with yeast, wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Naturally occurring fatty acids (example) (per serving) (1 tablespoon)**:

Linolenic Acid (Omega-3) 7.7 g
Linoleic Acid (Omega-6) 2.0 g
Oleic Acid (Omega-9) 2.7 g

** subject to natural variability

Natural color variation may occur in this product.



Family owned since 1968.

Nutrition Facts

About 24 servings per container
Serving size 1 tbsp (15mL)

Amount per serving
Calories 130

	% Daily Value
Total Fat 14g	18%
Saturated Fat 1g	5%
Polyunsaturated Fat 10g	
Monounsaturated Fat 3g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of *trans* fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

INGREDIENTS: ORGANIC FLAX SEED OIL, < 1% NATURAL ANTIOXIDANT BLEND [ORGANIC SUNFLOWER OIL, ORGANIC ROSEMARY EXTRACT, NATURAL MIXED TOCOPHEROLS (FROM SOY), ASCORBIC ACID, CITRIC ACID].

QUALITY TESTED BY & PACKAGED FOR:
NOW FOODS
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Certified Organic by QAI.

Product of Canada.



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