

### PREMIUM ORGANIC FLAX OIL

- 35 mg lignans per serving
- 54% Omega-3 (alpha-linolenic acid)
- 16% Omega-9 (oleic acid)
- 14% Omega-6 (linoleic acid)

### COLD-PRESSED AND UNREFINED

- Hexane free and no chemical solvents

**GLUTEN FREE.** No salt, yeast-derived ingredients, wheat, dairy products, or artificial colors.

### SUPERIOR FRESHNESS AND FLAVOR

- FreshGuard® blend
- Light protective bottles
- Nitrogen-flushed packaging

**KEEP OUT OF REACH OF CHILDREN.** Safety sealed with outer shrinkwrap seal and inner seal. Do not use if either seal is broken or missing.

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**QUESTIONS?** 1-800-9NATURE /naturesway.com



PLEASE RECYCLE THIS CONTAINER.



LOT / BEST BY AREA



# ORGANIC FLAX — OIL — SUPER LIGNAN



**COLD-PRESSED • UNREFINED  
NO SOLVENTS**

**35 mg LIGNANS per serving**  
**WITH 54% OMEGA-3, 16% OMEGA-9,**  
**AND 14% OMEGA-6**

16 FL OZ (1 PINT) (480 mL) DIETARY SUPPLEMENT

**RECOMMENDATION:** Shake well before use.  
Take 1 Tablespoon (15 mL) 1 to 2 times daily as  
needed. If you are pregnant, nursing, or taking  
any medications, consult a healthcare profes-  
sional before use. **REFRIGERATE AFTER OPENING.**

## Supplement Facts

Serving Size 1 Tablespoon (15 mL)  
Servings per Container 32

| Amount per Serving                                                                      |        | % DV |
|-----------------------------------------------------------------------------------------|--------|------|
| Calories                                                                                | 120    |      |
| Total Fat                                                                               | 14 g   | 18%† |
| Saturated Fat                                                                           | 1 g    | 5%†  |
| Trans Fat                                                                               | 0 g    | **   |
| Polyunsaturated Fat                                                                     | 9 g    | **   |
| Monounsaturated Fat                                                                     | 2.5 g  | **   |
| Cholesterol                                                                             | 0 mg   | 0%   |
| Organic Flax Seed Oil & Organic<br>Lignan-Rich Flax Seed Oil<br>providing 35 mg Lignans | 13.9 g | **   |
| Omega-3 Fatty Acids<br>as alpha-linolenic acid (ALA)                                    | 7.5 g  | **   |
| Omega-9 Fatty Acids<br>as oleic acid (OA)                                               | 2.2 g  | **   |
| Omega-6 Fatty Acids<br>as linoleic acid (LA)                                            | 2 g    | **   |

†Percent Daily Values (DV) are based on a 2,000  
calorie diet. \*\*Daily Value not established.

**OTHER INGREDIENTS:** FreshGuard® blend  
[organic sunflower seed oil, [preservatives to  
maintain freshness: organic rosemary extract  
[leaf], mixed tocopherols, ascorbic acid, citric  
acid]]

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