

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

24 FL OZ (1.5 PINTS) (720 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 48

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 Lignan-Rich Flax Seed Oil providing 35 mg lignans	13.9 g	**
Omega-3 Fatty Acids as alpha-linolenic acid (ALA)	7.5 g	**
Omega-9 Fatty Acids as oleic acid (OA)	2.2 g	**
Omega-6 Fatty Acids 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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