

### PREMIUM ORGANIC FLAX OIL

- 54% Omega-3 (alpha-linolenic acid)
- 15% 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, or artificial colors.

### SUPERIOR FRESHNESS AND FLAVOR

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

**KEEP OUT OF REACH OF CHILDREN.** Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature out of direct sunlight. Refrigerate after opening.

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Certified Organic by Pro-Cert

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



# ORGANIC FLAX — OIL — SUPER LIGNAN



**COLD-PRESSED • UNREFINED  
NO SOLVENTS**

**54% OMEGA-3  
WITH  
15% OMEGA-9 AND 14% OMEGA-6**

**16 FL OZ (1 PT) (480 mL) DIETARY SUPPLEMENT**

**RECOMMENDATION:** Shake well before each use. Adults take 1 Tablespoon (15 mL) 1 to 2 times daily as needed. If you are pregnant, nursing, or taking any medications, consult a healthcare professional 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 Lignan-Rich Flax (seed) Oil	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 [leaf] extract, mixed tocopherols, ascorbic acid, citric acid]

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