



made with ahiflower[®] oil

Land-based, Non-marine Omega 3+6 Source.

FROM SOIL TO OIL. NATURALLY.

Ahiflower[®] is a proprietary form of *Buglossoides arvensis* seed oil which is the richest and most effective combined Omega-3 (SDA and ALA) and Omega-6 (GLA and LA) fatty acid source from a single non-GM plant. Further, Ahiflower oil has the highest naturally-occurring levels of stearidonic acid (SDA) and has been proven through human clinical research to metabolize to EPA in circulating cells up to 4 times better than flaxseed oil.

SUSTAINABLY GROWN BY INDEPENDENT FARMERS

Ahiflower[®] oil is farmed in an environmentally-sensitive manner that improves the biodiversity of conventional crop rotations and forms a basis for improved economic returns to growers, thus bolstering farmland conservation initiatives centered on specialty crops.

DIRECTIONS FOR USE: Take 3 softgels per day.

This is to confirm that Ahiflower oil is manufactured from fully refined and deodorized *Buglossoides arvensis* seed oil, which contains no detectable protein and is therefore considered to be free of allergens including gluten, which is a protein complex.

Greens FIRST
GreensFirst.com

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PRO



100% VEGAN

NON-GMO

Ahiflower[®] Oil
Vegan Omega-3

*The richest, most effective combined
essential fatty acids from a single plant*

Better Than Flax.
Not From Fish.™

30 Day
Supply

Omega 3 + 6
Powerhouse

Clean Aroma
and Taste

Dietary Supplement

90 Softgels

Supplement Facts

Serving Size: 3 Softgels

Servings Per Container: 30

Amount per serving	%DV
Calories	20
Calories from fat	20
Total Fat	2.25 g 3%
Ahiflower[®] (<i>B. arvensis</i>) seed oil	2.25 g
Omega-3 Fatty Acids	
Stearidonic Acid (SDA)	384 mg †
Alpha-Linolenic Acid (ALA)	945 mg †
Omega-6 Fatty Acids	
Gamma Linolenic Acid (GLA)	102 mg †
Linoleic Acid (LA)	204 mg †
Omega-9 Fatty Acids	
Oleic Acid (OA)	135 mg †

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

Other Ingredients: Gel Shell (modified food starch (NON-GMO), glycerin, purified water, carrageenan), anti-oxidant rosemary extract, tocopherols, ascorbyl palmitate

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