

We believe that Amazing Nutrition™ is the key for Healthy Living. We are passionate about bringing you the finest selection of products which can perfectly complement a healthy diet and active lifestyle.

Amazing Omega Flaxseed oil is freshly cold pressed from the seeds of the plant *Linum usitatissimum*. Flax seed oil is rich in nature's richest botanical resource Omega-3 polyunsaturated fatty acids (ALA), Lignans (plant estrogen) and Fiber.* Flaxseed oil may help to reduce inflammation and pains due to inflammation.* It supports cardiovascular health, immune health and joint function.* Flaxseed oil may be used as a laxative to improve digestive health, relieve constipation and aid in weight loss.*

SUGGESTED USE: As a dietary supplement, adults take 1-2 tbsp. daily. Can be taken straight or mixed into salad dressings, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality.

AMAZING  NUTRITION

AMAZING  OMEGA

DIETARY SUPPLEMENT

Pure, Unrefined & Organic

Flaxseed Oil

100% Pure & High Potency

Omega 3 (ALA), Lignans & Fiber

Supports Cardiovascular Health*

Supports Immune Function & Digestive Health*



16oz

(473 ml)

Supplement Facts

Serving Size: 1 Tbsp (15 mL)		Serving Per Container: 32
Amount Per Serving		% Daily Value
Calories 120		Calories from Fat 110
Total Fat	13 g	20%†
Saturated Fat	1 g	5%†
Polyunsaturated Fat	9 g	**
Monounsaturated Fat	2.5 g	**
Omega-3 Polyunsaturated Fat:		
Alpha Linolenic Acid (LNA)	7230 mg	**
Omega-6 Polyunsaturated Fat:		
Linoleic Acid (LA)	1800 mg	**
Omega-9 Monounsaturated Fat:		
Oleic Acid	2100 mg	**
† Percent Daily Values are based on a 2,000 calorie diet		
** Daily Value not established.		

INGREDIENTS: Organic Flaxseed oil

CAUTION: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Manufactured for and Distributed by:
Amazing Nutrition
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www.amazingnutrition.com

**KEEP OUT OF REACH OF CHILDREN, STORE IN A COOL, DRY PLACE
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to cure, prevent, treat or diagnose any disease.

