

Premium Organic Flax Oil

Cold-pressed and unrefined

- High quality freshness and flavor
- Made with FreshGuard® Blend
- Hexane free and no chemical solvents
- 54% Omega-3 (alpha-linolenic acid) (7.5 g per serving)[†]
- 15% Omega-9 (oleic acid) (2.2 g per serving)[†]
- 14% Omega-6 (linoleic acid) (2 g per serving)[†]

[†]See Supplement Facts for total fat and saturated fat content.

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GLUTEN FREE. No salt, wheat, dairy, or artificial colors.

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ORGANIC

Certified Organic by Pro-Cert



**PLANT
POWERED**

**Nature's
Way**

ORGANIC FLAX OIL SUPER LIGNAN

Cold-Pressed | Unrefined | No Solvents

54% (7.5 g) Omega-3,
15% (2.2 g) Omega-9, and
14% (2 g) Omega-6 per serving[†]



**USDA
ORGANIC**

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

Recommendation: Shake well before each use. Adults take 1 tablespoon (15 mL) one to two 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)

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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