FLORA

Pure Premium Oil

Certified Organic

High Lignan Flax Oil

Cold-Pressed & Unrefined

Gluten-Free

Dietary Supplement

USDA ORGANIC

17 FL. OZ. (500 mL)

NON GMO Project VERIFIED nongmoproject.org

Supplement Facts

Serving Size 1 Tbsp. (15 mL)
Servings Per Container about 33

Amount Per Serving	% Daily Value
Calories 125 Calories From Fat 125	
Total Fat 14 g	22%*
Saturated Fat 1 g	5%*
Trans Fat 0 g	†
Polyunsaturated Fat 10 g	†
Monounsaturated Fat 2.5 g	†
Omega-3 ALA (alpha-linolenic acid) 8 g	†
Omega-6 LA (linoleic acid) 2 g	†
Omega-9 OA (oleic acid) 2.5 g	†

† Daily Value not established.
*Percent Daily Value based on a 2,000 calorie diet.

INGREDIENTS: Certified organic flax seed oil, certified organic defatted flax seed. Nitrogen-flushed to maintain freshness.

MANUFACTURED BY:
FLORA, INC.,
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LYNDEN, WA 98264
1.800.446.2110
CERTIFIED ORGANIC BY QAI
PRINTED IN CANADA
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SUGGESTED USE: *Shake well before using.* Take 1 tbsp. up to 3 times daily. **FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED** and use within 2 months after opening. Flax oil can be frozen to maintain freshness. It tastes delicious alone or may be combined with food such as salad dressings, sauces, power shakes, on vegetables, or spread on bread. Do *not* heat above 300°F or use for frying.

Security sealed for your protection. Do not use if seal is missing or damaged.

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Fresh-Pressed

Flora's High Lignan Flax Oil is a vegetarian source of unrefined omega-3 and omega-6 fatty acids (EFAs) for the maintenance of good health*. Every batch of certified organic flax seed (third party certification) has been carefully selected for flavor and maturity. In addition, each and every batch of flax seed is also tested to ensure it is gluten-free. To ensure Flora's High Lignan Flax Oil is the safest, highest quality oil possible, it is GMO-free in accordance with organic standards. This oil is guaranteed to have not less than 10% flax particulate, a rich source of lignans. Lignans provide a natural source of beneficial antioxidants and phytoestrogens*.

Flora's flax seeds are pressed in a state-of-the-art, low-heat, light- and oxygen-free environment—then bottled in light-resistant, amber glass to ensure maximum nutritional value and freshness.

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