



Pure Premium Oil

DHA Flax Oil

Supports cognitive function
and eye health*

Vegan • Gluten-Free

Dietary Supplement



17 FL. OZ.
(500 mL)



Supplement Facts

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

Amount Per Serving	% Daily Value
Calories 120	Calories from Fat 120
Total Fat 13 g	20%*
Saturated Fat 1 g	5%*
Polyunsaturated Fat 9 g	†
Monounsaturated Fat 2.5 g	†
Omega-3 fatty acids 7 g	†
ALA (alpha-linolenic acid) 7 g	
DHA (docosahexaenoic acid) 100 mg	
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: Organic flax seed oil, algal oil (Schizochytrium sp.), rosemary leaf extract**, high oleic sunflower seed oil, tocopherols**, ascorbyl palmitate** (* as antioxidant)

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SUGGESTED USE: Shake well before using. Take 1 tablespoon one to three times daily with meals. FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED AND USE WITHIN 8 WEEKS AFTER OPENING. Can be kept to maintain freshness. DO NOT heat or use for frying.

One serving of Flora Vegetarian DHA Flax Oil provides 183 milligrams of EPA and DHA Omega-3 fatty acids. (See Supplement Facts panel for fat content.)

CAUTION: The FDA recommends that total daily intake of EPA and DHA from all sources should not exceed 3 grams per day, and not more than 2 grams per day from dietary supplements. Security sealed for your protection. Do not use if seal is missing or damaged.

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FRESH PRESSED

Flora DHA Flax Oil is a vegetarian source of cold-pressed, unrefined docosahexaenoic acid (DHA) blended with organic Flora Flax Oil to provide vegetarian (algae-derived) DHA. DHA is an omega-3 fatty acid that is essential in all stages of life.* In adults, DHA is essential for the proper functioning of the brain, and in the first six months of life, DHA is essential for the proper development of the nervous system and visual abilities.* Flora's DHA Flax Oil is pressed from certified organic flax seeds (third party certification) that have been carefully selected for flavor and maturity. Each and every batch of flax seed is also tested to ensure it is gluten-free. Flora's high standards guarantee this product to be GMO-free. The 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. Flora's DHA Flax Oil provides omega-3 and omega-6 essential fatty acids (EFA) for the maintenance of good health.*

*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.