

Fresh Cold-Pressed. Packed with Omega-3 & Lignans.

We've left in some of the flax particulate, which provides powerful antioxidant flax lignans.

- High in ALA, a Vital Omega-3 Fatty Acid
- Pure & Unrefined, with Lignan Flax Particulate
- North American Grown, Non-GMO & Gluten Free

LEARN MORE ABOUT A PATHWAY TO A BETTER LIFE:

barleans.com • 800/445-3529
Barlean's Ferndale, WA 98248



FRESHNESS DATING



LA-00170-08

PRODUCT OF U.S.A.

ESTD 1989

BARLEAN'S

PATHWAY TO A BETTER LIFE

GLUTEN FREE

NON-GMO

Lignan

FLAX OIL

Made with North American Flaxseed
Freshly Cold Pressed

WORLD'S
FRESHEST
FLAX OIL

DIETARY SUPPLEMENT

250 Softgels

Supplement Facts

Serving size 3 softgels (3 g)
Servings Per Container 83

	Amount per serving	% Daily Value
Calories	30	
Total Fat	3 g	4%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†
Omega-3 Polyunsaturated Fat		
Alpha Linolenic Acid (ALA)	1550 mg	†
Omega-6 Polyunsaturated Fat		
Linoleic Acid (LA)	385 mg	†
Omega-9 Monounsaturated Fat		
Oleic Acid	450 mg	†

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

INGREDIENTS: Flaxseed oil, softgel (gelatin, glycerine, water, and caramel color), and flaxseed particulate. **SUGGESTED USE:** 3 softgels up to 3 times daily. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

PATENTS: See www.barleans.com/patents