

**Freshest, Best-Tasting &
Most Nutritious - Naturally**

- Wholesome, Fresh Taste
- Pure & Unrefined Raw Food
- Freshness Dated for Maximum Freshness & Potency
- High in Vital Omega-3 fatty acids
- #1 Best Selling Flax Oil*
- Non-GMO, Gluten Free, Vegan

*AC Nielsen Syndicated Market Data

SUGGESTED USE: 1-2 Tbsp. daily. Can be taken straight or mixed into salad dressings, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality.

Keep out of reach of children.



FRESHNESS DATING

ESTD 1989



Fresh

FLAX OIL

SUPPLEMENT

Organic

Pure & Unfiltered

Freshly Cold Pressed



**AMERICA'S BEST SELLING
OMEGA-3**

16 fl oz / 473 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container 32

Amount Per Serving	% Daily Value
Calories 120	
Calories from Fat 120	
Total Fat 14 g	22%*
Saturated Fat 1.5 g	8%*
Polyunsaturated Fat 10 g	†
Monounsaturated Fat 2.5 g	†

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (LNA) 7640 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 1900 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 2220 mg †

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil.

**LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:**
barleans.com

800/445-3529

Barlean's Ferndale, WA 98248
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