

Forti-Flax® – Fresh, Nutritious & Tastes Great – Naturally!

- High in Omega-3 Fatty Acids, Lignans and Dietary Fiber
- Provides all 10 Essential Amino Acids (Complete Protein)
- Great source of trace Vitamins and Minerals
- Gently Cold-Milled
- Nitrogen Sealed for freshness
- Made to Order for your health food store
- Air Delivery – Arriving just days after being made
- Freshness Dated – Maximum freshness and potency

Nurture and nourish your body with Barlean's Organic Forti-Flax, providing a cornucopia of naturally occurring nutrients to bring you vibrant health and energy!

SUGGESTED USE: 2-4 Tbsp. daily. Mixes easily in water or juice. Excellent when used as a topping for yogurt, salads, breakfast cereals and used in blended smoothie beverages. May be used as a substitute for traditional yet nutrient deplete fiber sources. Refrigerate after opening to preserve freshness.

100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHNESS DATING

FLAX FRESH MILLED
JUN-20-11

FRESHEST BEFORE
MAR-20-12

B2246Y



ESTD 1989

BARLEAN'S

ORGANIC OILS



Natural Nutrition

FORTI-FLAX®

100% ORGANIC

Pure & Natural Source of Omega-3,
Lignans, Fiber, Amino Acids, Trace
Vitamins and Minerals

From Cold-Milled Select Flaxseed



NET WT. 16 OZ. / 454 g

Supplement Facts

Serving Size 2 Tbsp (15 g)
Servings Per Container 30

Amount Per Serving	
Calories 80	Calories from Fat 45
% Daily Value*	
Total Fat 5 g	8%
Saturated Fat 0 g	0%
Polyunsaturated Fat 3.5 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0%
Sodium 6 mg	1%
Total Carbohydrate 4 g	1%
Dietary Fiber 3 g	12%
Insoluble Fiber 2 g	
Soluble Fiber 1 g	

Trace Vitamins	
Vitamin C 75 mcg	0%
Vitamin B-1 (Thiamin) 79 mcg	5%
Vitamin B-2 (Riboflavin) 34 mcg	4%
Vitamin B-6 (Pyridoxine Hcl) 90 mcg	7%
Niacin 480 mcg	2%
Pantothenic Acid 85 mcg	1%
Folic Acid 16 mcg	4%

Tocopherols (Vit-E)	
Alpha-Tocopherol 8 mcg	†
Delta-Tocopherol 6 mcg	†
Gamma-Tocopherol 4 mcg	†

Trace Minerals	
Calcium 30 mg	3%
Copper 150 mcg	7%
Iron 750 mcg	4%
Magnesium 60 mg	15%
Manganese 440 mcg	22%
Phosphorus 93 mg	9%
Potassium 120 mg	3%
Zinc 750 mcg	5%

Amino Acids (Protein) 3435 mg		7%
Alanine 155 mg		
Arginine 315 mg		
Aspartic Acid 315 mg		
Cystine 65 mg		
Glutamic Acid 710 mg		
Glycine 190 mg		
Histidine 75 mg		
Isoleucine 145 mg		
Leucine 195 mg		
Lysine 115 mg		
Methionine 55 mg		
Phenylalanine 165 mg		
Proline 130 mg		
Serine 160 mg		
Threonine 125 mg		
Tryptophan 45 mg		
Tyrosine 85 mg		
Valine 155 mg		

Essential Fatty Acids	
Omega-3 (alpha-linolenic acid) 3000 mg	
Omega-6 (linoleic acid) 1000 mg	

Monounsaturated Fatty Acids	
Omega-9 1000 mg	

Phyto-Nutrients	
Lignans (SDG) 110-300 mg	
Phenolic Acids 100 mg	
Flavonoids 5 mg	
Phytic Acid 320 mg	

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

† Daily Value not established.

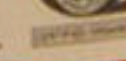
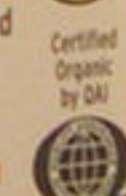
INGREDIENTS: Freshly cold-milled, 100% organic, pesticide and herbicide free, select flax seeds.

For more information please write to:

Barlean's Organic Oils
4936 Lake Terrell Road
Ferndale, WA 98248
800/445-3529

www.barleans.com

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