

BARLEAN'S
ORGANIC OILS



100% Organic

FORTI-FLAX®

PREMIUM GROUND FLAXSEED

PURE & NATURAL SOURCE OF:

**Omega-3 • Lignans • Fiber
Trace Vitamins and Minerals
Amino Acids**

COLD-MILLED • VEGAN

NET WT. 28 OZ. / 794g



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*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)
- Non-GMO, 100% Vegan, Raw Food
- Great source of trace Vitamins and Minerals
- Gently Cold-Milled
- Freshness Dated - Maximum freshness and potency
- Freshly cold-milled, 100% organic, pesticide and herbicide free, select flax seeds

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.



Certified Organic by OAI



100% SATISFACTION GUARANTEED

Bruce Barlean

FRESHNESS DATING

TIME FRESH MILLED

FRESHEST BEFORE

JUN-2012
7-2466

DEC-2013

Supplement Facts

Serving Size 2 Tbsp (15 g)
Servings Per Pouch 53

Amount Per Serving % Daily Value

Calories 80

Calories from Fat 60

Total Fat 6 g 9%*

Saturated Fat 0.5 g 3%*

Trans Fat 0 g †

Polyunsaturated Fat 4.5 g †

Monounsaturated Fat 1 g †

Cholesterol 0 mg 0%

Total Carbohydrate 4 g 1%*

Dietary Fiber 4 g 16%

Insoluble Fiber 3 g †

Soluble Fiber 1 g †

Trace Vitamins

Vitamin C 100 mcg <1%

Vitamin E 50 mcg <1%

Vitamin B-1 (Thiamin) 246 mcg 16%

Vitamin B-2 (Riboflavin) 24 mcg 1%

Niacin 461 mcg 2%

Vitamin B-6 (Pyridoxine HCl) 71 mcg 4%

Folic Acid 13 mcg 4%

Pantothenic Acid 148 mcg 1%

Trace Mineral

Calcium 38 mg 4%

Iron 860 mcg 5%

Phosphorus 96 mg 10%

Magnesium 59 mg 15%

Zinc 651 mcg 4%

Copper 183 mcg 9%

Manganese 372 mcg 19%

Sodium 4 mg 0%

Potassium 122 mg 3%

Amino Acids

Alanine 129 mg †

Arginine 288 mg †

Aspartic Acid 306 mg †

Cystine 51 mg †

Glutamic Acid 605 mg †

Glycine 187 mg †

Histidine 71 mg †

Isoleucine 134 mg †

Leucine 185 mg †

Lysine 129 mg †

Methionine 55 mg †

Phenylalanine 143 mg †

Proline 121 mg †

Serine 145 mg †

Threonine 115 mg †

Tryptophan 44 mg †

Tyrosine 74 mg †

Valine 151 mg †

Essential Fatty Acids

Omega-3 (Alpha-Linolenic Acid) 3000 mg 100%

Omega-6 (Linoleic Acid) 1000 mg †

Monounsaturated Fat

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: Organic flax seeds.



PRODUCT OF U.S.A.



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For more information
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