

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

- Excellent source of Lignans and SDG
- 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.

SHAKE WELL. Stirring suggested to fully disperse flax particulate.

Keep out of reach of children.



FRESHNESS DATING

ESTD 1989



Lignan

FLAX OIL

SUPPLEMENT

Organic

Pure & Unfiltered

Freshly Cold Pressed



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

8 fl oz / 236 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 16

Amount Per Serving	% Daily Value
Calories 120	
Calories from Fat 110	
Total Fat 13 g	20%*
Saturated Fat 1 g	5%*
Polyunsaturated Fat 9 g	†
Monounsaturated Fat 2.5 g	†

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (LNA) 7230 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 1800 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 2100 mg †

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

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil, organic flaxseed particulate.

**LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:**

barleans.com

800/445-3529

Barlean's Ferndale, WA 98248

Certified Organic by QAI



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