

Freshest & Most Nutritious – Naturally!

Pure and pristine flax oil providing essential Omega-3 fatty acids for your vibrant health and energy.

- Best Selling Flax Oil softgel
- Vity Award Winner
- Unrefined and Unfiltered
- North American Flax Seed
- Cold Pressed Fresh
- Express Delivery

SUGGESTED USE:

3-9 softgels per day.



Barlean's Organic Oils

Ferndale, WA 98248

800/445-3529 • barleans.com

PRODUCT OF U.S.A.

100% SATISFACTION GUARANTEED

Bruce Barlean

FRESHEST BEFORE

08 LOT # 3317

EXP: AUG 2015



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ESTD 1989

BARLEAN'S
ORGANIC OILS



Highest Lignan

FLAX OIL

SUPPLEMENT

Made with North American Flax Seeds

Cold Pressed Fresh™

250 Softgels / 1000 mg ea.

AMERICA'S
BEST
SELLING
OMEGA-3

Supplement Facts

Serving Size 3 Softgels (3.0 g)

Servings Per Container 83

Amount Per Serving	% Daily Value
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Calories 24

Calories from Fat 22

Total Fat 2.4 g	4%*
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Saturated Fat 0.2 g	<1%*
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Polyunsaturated Fat 1.7 g	†
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Monounsaturated Fat 0.4 g	†
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Dietary Fiber 0.6 g	2%*
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Omega-3 1335 mg	†
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Omega-6 388 mg	†
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Omega-9 437 mg	†
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Lignan (SDG) 1 mg	†
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* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil, organic flaxseed particulate. Softgel contains (gelatin, glycerin, water, and caramel color).