

Manufactured in the USA by:  
**Douglas Laboratories**  
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# FLAX SEED OIL

**Suggested use:** As a dietary supplement, adults take 1-2 tablespoons daily can be mixed with foods, used as a salad dressing, or taken directly. Do not use for cooking or baking as heating may destroy some of the nutritional value of the oil.

Keep refrigerated after purchase. Flax oil is best when used within 6 weeks of opening. Freezing will extend shelf life up to one year.

FLX-L

Dietary Supplement  
Liquid Flax Seed Oil



12 fluid ounces  
(350 ml)



## Supplement Facts

Serving Size 1 Tbsp (14 ml)  
Servings Per Container 25

Amount Per Serving	%DV†
Calories.....	130
Calories from Fat.....	130
Total Fat.....	14 g 22%
Saturated Fat.....	1 g 5%
Vitamin A.....	70 IU 1%
(100% as Beta-Carotene)	
Vitamin E.....	16 IU 53%
(as d-alpha tocopherol)	
Providing average Fatty Acid Profile:	
Omega-3 Fatty Acids.....	7,560 mg *
(as linoleic acid)	
Omega-6 Fatty Acids.....	2,100 mg *
(as linoleic acid)	
Omega-9 Fatty Acids.....	1,260 mg *
(as oleic acid)	

†Percent daily values are based on a 2,000 calorie diet.

\*Daily Value not established.

Other ingredients: 100% pure, unrefined, organically grown flax seed oil.