

Fresh Cold-Pressed, for Maximum Nutrition.
Our clear fresh flax oil is gently cold-pressed and never heated to maintain the best taste and nutrition.

- High in ALA, a Vital Omega-3 Fatty Acid
- Pure & Unrefined, North American Grown
- Non-GMO & Gluten Free



LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:
barleans.com • 800/445-3529
Barlean's Ferndale, WA 98248

FRESHNESS DATING

\$AC Nielsen
Syndicated
Market Data

ESTD 1989

BARLEAN'S

PATHWAY TO A BETTER LIFE

GLUTEN FREE

NON-GMO

Fresh

FLAX OIL

SUPPLEMENT

Made with North American Flaxseed
Freshly Cold Pressed

100 Softgels

AMERICA'S
BEST SELLING
OMEGA-3
FLAX OIL

Supplement Facts

Serving Size 3 Softgels (3 g)
Servings Per Container 33

	Amount Per Serving	% Daily Value
Calories	30	
Total Fat	3 g	4%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†
Omega-3 Polyunsaturated Fat:		
Alpha Linolenic Acid (ALA)	1650 mg	†
Omega-6 Polyunsaturated Fat:		
Linoleic Acid (LA)	410 mg	†
Omega-9 Monounsaturated Fat:		
Oleic Acid	480 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

INGREDIENTS: Flaxseed oil and softgel (gelatin, glycerine, and water).

SUGGESTED USE: 3-9 softgels per day. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.



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