

Fresh Cold-Pressed. Packed with Omega-3 & Lignans.

We've left in some of the flax particulate, which provides powerful antioxidant flax lignans.

- High in ALA, a Vital Omega-3 Fatty Acid
- Pure & Unrefined, with Lignan Flax Particulate
- 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

Lignan

FLAX OIL

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) 1550 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 385 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 450 mg †

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

INGREDIENTS: Flaxseed oil, softgel (gelatin, glycerine, water, and caramel color), and flaxseed particulate.

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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