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Fresh Pressed

7 Sources is a complete, all-in-one, essential fatty acid product derived from seven different land and sea plants—flax, sunflower, sesame, pumpkin, evening primrose, algae, and coconut oils. It's formulated to provide all the foundational and supplemental fats you need, and contains Omega-3 EPA and DHA from cultivated algae, not fish, so it's free of ocean-borne contaminants and concerns associated with global overfishing.

7 Sources Supports:

- Overall Health* • Cognitive Ability*
- Brain Functions* • Pregnancy and Nursing*

7 Sources is made in a state-of-the-art, low heat, light- and oxygen-free environment. This process has been developed by Flora to maximize stability, nutritional value, and freshness. The oil is further protected by enclosing it in an environmentally friendly glass bottle. 7 Sources has a pleasant, nutty, buttery taste and can be added unheated to foods such as cereal, salad, pasta, and smoothies.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Premium Oil Blend

7 Sources™

100% PLANT ORIGIN OMEGA 3•6•9 WITH EPA & DHA

Supports Overall Health, Wellbeing,
Brain Functions, and Cognitive Ability*

gluten & soy-free • vegan



DIETARY SUPPLEMENT
17 FL. OZ. (500 mL)



Supplement Facts

Serving Size 1 Tbsp. (15 mL)

Servings Per Container about 33

Amount Per Serving	% Daily Value
Calories 120	Calories from Fat 120
Total Fat 14 g	22%*
Saturated Fat 1.5 g	8%*
Polyunsaturated Fat 9.5 g	†
Monounsaturated Fat 2.5 g	†
Omega-3 ALA (alpha linolenic acid) 5,500 mg	†
DHA (docosahexaenoic acid) 132 mg	
EPA (eicosapentaenoic acid) 66 mg	
Omega-6 LA (linoleic acid) 3,500 mg	†
GLA (gamma linolenic acid) 42 mg	
Omega-9 OA (oleic acid) 2,500 mg	†

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

INGREDIENTS: Flax seed oil*, sunflower seed oil*, sesame seed oil*, pumpkin seed oil*, algal (Schizochytrium sp.) oil (algal oil, high oleic sunflower oil, sunflower lecithin, rosemary extract, tocopherols, ascorbyl palmitate), evening primrose seed oil*, and coconut oil*. *Organic

MANUFACTURED BY:
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VERIFIED BY QAI
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67888-R04



SUGGESTED USE: The cloudy layer in the oil is unique to this blend. To obtain its benefits, shake bottle gently before each use. Take 1 tbsp. or more a day with meals (up to 1 tbsp. per 50 lb. of body weight per day). For best results, substitute other dietary fats with 7 Sources. **FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED.** Do not heat or use for frying. Once opened, use within 2 months. 7 Sources may be frozen to maintain freshness for longer periods.

Security sealed for your protection. Do not use if seal is missing or damaged.