

**Freshest, Best Tasting &
Most Nutritious – Naturally!**

- Up to 25% more lignans than other brands
- Pressed Fresh – Made To Order
- Air Delivery – Arriving within days
- Only "Freshness Dated" flax oil
- Pure, unfiltered, unrefined, capturing nature's full bounty

#1 Best Selling Flax Oil*

- Gold Medal VITY Award Winner
- Gold Medal Taster's Choice Award
- Top 10 Best Selling Natural Products*

*AC Nielson Syndicated Market Data



Highest Lignan
CONTENT

INGREDIENTS: 100% unrefined, unfiltered, organic flaxseed oil, flaxseed particulate.

Supplement Facts

Serving Size 1 Tbsp (15 ml)
Servings Per Container 31

Amount Per Serving

Calories 110 **Calories from Fat** 110

% Daily Value*

Total Fat 11 g 19%

Saturated Fat 1 g 5%

Dietary Fiber 1 g 4%

Polyunsaturated Fat 8 g †

Omega-3 6200 mg †

Omega-6 1810 mg †

Monounsaturated Fat 2 g †

Omega-9 2040 mg †

Flaxseed Particulate 2660 mg †

Lignans (SDG) 20-53 mg †

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Nurture and nourish your body with Barlean's Organic Oils, fresh from our handcrafted press and abundant in essential Omega-3 and vital flax lignans. Each drop is pure and pristine, unrefined and unfiltered to bring you vibrant health and energy!

FLAX OIL SUPPLEMENT

SUGGESTED USE: 1-2 Tbsp. daily, can be used in salad dressings, mixed with yogurt, cottage cheese, oatmeal, blended beverages & protein drinks. Refrigerate. Freezing will extend shelf life up to one year.

SHAKE WELL. Stirring suggested to fully disperse flax particulate.



100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHNESS DATING

FRESH PRESSED

FRESHEST BEFORE

100% ORGANIC

PURE & UNFILTERED

**COLD PRESSED
FRESH DAILY™**

**AMERICA'S BEST SELLING
OMEGA-3**

16 FL.OZ / 473 ML

For more information
please write to:

Barlean's Organic Oils
4936 Lake Terrell Road
Ferndale, WA 98248
800/445-3529

www.barleans.com

PRODUCT OF U.S.A.

