



certified
organic
**flax
seed oil**

cardiovascular[†]
essential
fatty acid[†]

specialty
24 fl. oz. (710 mL)
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container: 47

	Amount Per Serving	% Daily Value [†]
Calories	120	
Total Fat	14 g	18%
Saturated Fat	1 g	6%
Polyunsaturated Fat	9 g	*
Monounsaturated Fat	2.5 g	*

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA) 7640 mg *

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 1900 mg *

Omega-9 Monounsaturated Fat

Oleic Acid 2200 mg *

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established

Ingredients: Organic Flax Seed Oil.

Does not contain: Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

† 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.

Directions: Take one (1) tablespoon up to twice daily, preferably with a meal. Consult your healthcare practitioner for your individual needs. Avoid direct heat.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if inner seal is broken or missing.

BEST IF REFRIGERATED AFTER OPENING.
SHAKE WELL BEFORE USING.

Can be frozen to extend shelf life.

Produced in a facility that also processes
Tree Nuts, Fish, Wheat and Soy.



Cold Pressed for Maximum Freshness

The **Vitamin Shoppe**®'s FLAX OIL a high vegetarian source of the omega-3 essential fatty acid ALA (alpha linolenic acid). It provides the essential fatty acids required for a well balanced diet. Our FLAX OIL contains 7.6 g of ALA per serving. In order to ensure the freshest tasting oil available, a proprietary pressing technique is used that prevents the destructive effects of heat, light and oxygen.

The Vitamin Shoppe® Flax Oil Facts:

- Third Party Certified Organic Flax Oil
- Manufacturing process protects oil from heat, light and oxygen
- Taste is smooth and fresh
- Packaging is opaque to retain freshness

Flax Oil Uses:

- Take it straight
- Add to fruit or vegetable juice
- Blend into smoothies or protein drinks
- Use as an ingredient in salad dressings
- Mix with yogurt, cottage cheese or oatmeal
- Flax Oil should not be used as cooking oil

Manufactured for: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
by Barlean's
Ferndale, Washington 98248

Certified Organic by
Quality Assurance International (QAI).

Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.



Item No. VS-1880

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