

ORGANIC High Lignan FLAX OIL

Cold Pressed
Dietary Supplement

Supplement Facts

Serving Size: 1 Tablespoon (14 grams: 14 ml)
Servings per container: 17

Amount Per Serving	
Calories 123	Calories From Fat 123
% Daily Value*	
Total Fat 13.5 g	21%
Monounsaturated Fat 1.5 g	*
Polyunsaturated Fat 10.5 g	*
Saturated Fat 1.5 g	8%
Cholesterol 0 g	0%
Organic Flax Seed Oil	11,000 mg**
Alpha Linolenic Acid (ALA) (Omega 3)	6900 mg**
Linoleic Acid (LA) (Omega 6)	1770 mg**
Oleic Acid (OA) (Omega 9)	1800 mg**
Organic Flax Seed Particulate	2760 mg**
Yielding approximately 12 mg of actual lignans.	
Not a significant source of dietary fiber, sugar, Vitamin A, Vitamin C, calcium and iron.	
**Daily Value not established	
* Percent Daily Values are based on a 2,000 calorie diet.	

Other Ingredients: Antioxidant blend (rosemary extract, mixed tocopherols, ascorbyl palmitate, and citric acid). Contains soy.

Our **Cold Expeller Pressed** flax seed oil is hexane free. It is a rich source of Omega 3, 6 and 9 Fatty Acids. It is made from the finest flax seeds available and enriched with 20% Organic Flax seed particulate to provide a great source of lignans. This product has been nitrogen flushed to preserve freshness.

Contains No Added sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take one (1) tablespoon daily with a meal, or as directed by a health care professional. Keep out of reach of children. Store in a cool, dry place and away from direct light.

Best if kept refrigerated.

It is important to shake vigorously before using to fully disperse the flaxseed particulate. Natural settling may occur.

Product of Canada.

QUALITY AND POTENCY GUARANTEED.