

Flax Oil
16 fl. oz (473 ml)

Item Catalog Number: 31037

With its wholesome, nutty flavor Barlean's Highest Lignan Flax Oil is a pure, unfiltered and unrefined source of essential omega-3 fatty acids and nutrient-rich lignans. A foundational addition to a healthy diet, our organic, high-lignan content flax oil is ideal for those who aspire to nutritionally support:

- Heart Health*
- Already Healthy Cholesterol Levels*
- Joint Mobility & Bone Density*
- Energy & Endurance*
- Already Healthy Blood Glucose*
- Skin, Hair & Nail Health*

Supplement Facts

Serving Size 1 tbsp (15 ml)

Servings Per Container 31

Amount Per Serving

Calories	110
Calories from Fat	110
Total Fat	11 g
Saturated Fat	1 g
Dietary Fiber	1 g
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

Ingredients: unrefined, unfiltered, organic flaxseed oil, organic flaxseed particulate.

Dosage and Use

- One-two tbsp. daily, can be used in salad dressings, mixed with yogurt, cottage cheese, oatmeal, blended beverages & protein drinks.
- Shake well. Stirring suggested to fully disperse flax particulate.

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