

USAGE: Take 1 tablespoon of **Jarrow Formulas® Organic Flax Seed Oil** per day. For maximum freshness, consume within 6 weeks of opening.

Delicious In: Salad dressings, sauces, soups and shakes. Use in place of butter on vegetables, rice, potatoes and toast.

Jarrow Formulas® Organic Flax Seed Oil is concentrated to deliver beneficial Omega 3, 6 and 9 fatty acids. This unrefined oil is carefully pressed from fresh organic flax seeds and specially bottled to protect the oil from fatty acid oxidation.

**Keep Refrigerated.
Do Not Heat Over 120 °F.
Do Not Use For Frying.
May Be Frozen To Extend Shelf Life.**

UNSATURATED FATTY ACIDS:

| | | |
|-----------------------------------|----------------------------|-------------------------|
| 7,560 mg | 1,925 mg | 2,100 mg |
| Alpha-Linolenic Acid (Omega-3) | Linoleic Acid (Omega-6) | Oleic Acid (Omega-9) |
| <i>per serving.</i> | <i>per serving.</i> | <i>per serving.</i> |

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

**Certified Organic by QAI.
PRODUCT OF CANADA**



Lot #: Best Used Before:

Jarrow
FORMULAS

CERTIFIED
Organic
**FLAX
SEED
OIL**



16 fl. oz.
(473 ml)



Nutrition Facts

Serving Size 1 Tablespoon (15 ml)
Servings Per Container Approx. 31

| Amount Per Serving | |
|-------------------------------|-----------------------|
| Calories 130 | Calories from Fat 130 |
| % Daily Value* | |
| Total Fat 14 g | 22% |
| Saturated Fat 2 g | 10% |
| Trans Fat 0 g | |
| Polyunsaturated Fat 10 g | |
| Monounsaturated Fat 2 g | |
| Cholesterol 0 mg | 0% |
| Sodium 0 mg | 0% |
| Total Carbohydrate 0 g | 0% |
| Protein 0 g | 0% |

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.

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

Ingredients: Organic flax seed oil and antioxidant blend (organic sunflower oil, organic rosemary extract, mixed tocopherols, ascorbic acid and citric acid).

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

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