

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 Alpha-Linolenic Acid (Omega-3) <i>per serving.</i>	1,925 mg Linoleic Acid (Omega-6) <i>per serving.</i>	2,100 mg Oleic Acid (Omega-9) <i>per serving.</i>
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Distributed Exclusively by:

Jarrow FORMULAS®
Superior Nutrition and Formulation™
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**



8 fl. oz.
(236.5 ml)



Nutrition Facts

Serving Size 1 Tablespoon (15 ml)
Servings Per Container Approx. 16

Amount Per Serving

Calories 130	Calories from Fat 130
% Daily Value*	
Total Fat 14 g	22%
Saturated Fat 2 g	10%
<i>Trans Fat</i> 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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