



Natural Nutrition

FORTI-FLAX[®]

SUPPLEMENT

100% ORGANIC



- Sourced from Select, Cold-milled Flaxseed
- Abundant in Essential Omega-3 Fatty Acids
- Ideal Source of Dietary Fiber
- Contains all 10 Essential Amino Acids (complete protein)
- Naturally Delivers Vitamins and Trace Minerals
- Contains Valuable Plant Lignans
- Freshness Dated – Maximum Freshness and Potency
- Non-GMO, North American Flaxseed

AMERICA'S BEST SELLING
OMEGA-3



Natural Nutrition

FORTI-FLAX[®] SUPPLEMENT

Barlean's Forti-Flax delivers a cornucopia of **naturally occurring nutrients**, including valuable **Omega-3, fiber, amino acids, and trace minerals**, to bring you **vibrant health and energy**.*

Barlean's Forti-Flax: All the benefits of fiber plus a comprehensive profile of organic-source nutrition.

Nutritional Powerhouse: Extremely abundant source of Omega-3, dietary fiber, protein, mucilage and phenolic compounds, vitamins, major and trace minerals and amino acids

Highest Quality: 100% certified organic, kosher certified, free of pesticides and herbicides; made with select non-GMO flaxseeds from North American farms

Advanced Process: Proprietary cold-milling process delicately liberates vitamins, minerals, amino acids, lignans and phytonutrients without damaging delicate Omega-3 fatty acids

Supports Healthy Body Function: Soluble fiber helps maintain blood glucose levels already within a healthy range and supports a healthy intestinal tract* – great alternative to unsavory fiber supplements

Convenient: Easy addition to a healthful diet, no special preparation needed, just sprinkle on your favorite foods or stir into juice or water

Great Taste: Adds a crunchy, nutty flavor to a variety of foods

Attributes of Forti-Flax:

Fiber: Both soluble and insoluble dietary fiber

Fatty Acids: Essential Omega-3 and 6 as well as Omega-9 in an excellent balance to support health*

Vitamins: Eight essential vitamins

Minerals: Four major minerals and four trace minerals

Amino Acids: All 10 essential amino acids (complete protein) as well as eight non-essential amino acids

Phytonutrients: Lignans, Phenolic Acids, Flavonoids and Phytic Acid

Note: Essential Nutrients must be ingested directly in the diet and cannot be created by the human body

* 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.

THE BARLEAN'S PROMISE

All of the products made by our family-owned and operated business are 100% guaranteed. We care about the health of your family and are proud to provide you with the world's freshest, finest quality and best-tasting Omega-3 supplements.

From Our Family to Yours *Bruce Barlean*

Supplement Facts		Amino Acids (Protein) 3435 mg 7%	
Serving Size 2 Tbsp (15 g)		Alanine 155 mg †	
Servings Per Container 30		Arginine 315 mg †	
Amount Per Serving		Aspartic Acid 315 mg †	
Calories 80	Calories from Fat 45	Cystine 65 mg †	
% Daily Value*		Glutamic Acid 710 mg †	
Total Fat 5 g	8%	Glycine 190 mg †	
Saturated Fat 0 g	0%	Histidine 75 mg †	
Polyunsaturated Fat 3.5 g		Isoleucine 145 mg †	
Monounsaturated Fat 1 g		Leucine 195 mg †	
Cholesterol 0 mg	0%	Lysine 115 mg †	
Sodium 6 mg	1%	Methionine 55 mg †	
Total Carbohydrate 4 g	1%	Phenylalanine 165 mg †	
Dietary Fiber 3 g	12%	Proline 130 mg †	
Insoluble Fiber 2 g		Serine 160 mg †	
Soluble Fiber 1 g		Threonine 125 mg †	
Trace Vitamins		Tryptophan 45 mg †	
Vitamin C 75 mcg	0%	Tyrosine 85 mg †	
Vitamin B-1 (Thiamin) 79 mcg	5%	Valine 155 mg †	
Vitamin B-2 (Riboflavin) 34 mcg	4%	Essential Fatty Acids	
Vitamin B-6 (Pyridoxine HCl) 90 mcg	7%	Omega-3 (alpha-linolenic acid) 3000 mg †	
Niacin 480 mcg	2%	Omega-6 (linoleic acid) 1000 mg †	
Pantothenic Acid 85 mcg	1%	Monounsaturated Fatty Acids	
Folic Acid 16 mcg	4%	Omega-9 1000 mg †	
Tocopherols (VH-E)		Phyto-Nutrients	
Alpha-Tocopherol 8 mcg	†	Lignans (SDG) 110-300 mg †	
Delta-Tocopherol 6 mcg	†	Phenolic Acids 100 mg †	
Gamma-Tocopherol 4 mcg	†	Flavonoids 5 mg †	
Trace Minerals		Phytic Acid 320 mg †	
Calcium 30 mg	3%	* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Copper 150 mcg	7%	† Daily Value not established.	
Iron 750 mcg	4%		
Magnesium 60 mg	15%		
Manganese 440 mcg	22%		
Phosphorus 93 mg	9%		
Potassium 120 mg	3%		
Zinc 750 mcg	5%		

FORTI-FLAX 16 oz

100% GUARANTEED: We're so confident that Barlean's will bring you the results you expect, we offer a 100% guarantee on all our products.

INGREDIENTS: Freshly cold-milled, 100% organic, pesticide and herbicide free, select flax seeds.

SUGGESTED USE: 2-4 Tbsp. daily. Mixes easily in water or juice. Excellent when used as a topping for yogurt, salads, breakfast cereals and used in blended smoothie beverages. May be used as a substitute for traditional yet nutrient deplete fiber sources. Refrigerate after opening to preserve freshness.



For more information please contact:

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