

Best-Selling
Flax Oil in America

BARLEAN'S
ORGANIC OILS

Highest Lignan
FLAX OIL SUPPLEMENT

World's Freshest Flax Oil



- Contains Valuable Plant Lignans
- Only "Freshness Dated" flax oil
- Abundant in Essential Omega-3 Fatty Acids
- Pure, Unfiltered, Unrefined – capturing nature's full bounty
- 100% Organic
- Non-GMO, North American Grown

**AMERICA'S BEST SELLING
OMEGA-3**



Highest Lignan

FLAX OIL

Nurture and nourish your body with our Barlean's Organic Oils, fresh from our handcrafted press and abundant in essential **Omega-3** and **vital flax lignans**. Each drop is **pure and pristine, unrefined and unfiltered** to bring you **vibrant health and energy**.*

Barlean's Highest Lignan Flax Oil is a foundational addition to a healthy diet. It is ideal for those who aspire to nutritionally support:

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

What are Lignans? Lignans are a highly studied class of plant phytonutrients most abundantly found in flaxseed that have recently come to the forefront of nutritional research. Numerous studies have reported on the role of lignans in support of the structure and function of heart and hormonal health.*

#1 Best Selling Flax Oil

- Gold Medal VITY Award Winner
- Gold Medal Taster's Choice Winner
- Top 10 Best Selling Natural Products*

* AC Nielson Syndicated Market Data

Barlean's – World's Freshest Flax Oil

- Only "Freshness Dated" flax oil
- Pure, unfiltered, unrefined, capturing nature's full bounty

* 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

Serving Size 1 Tbsp (15 ml)	
Servings Per Container 31	
Amount Per Serving	
Calories 110	Calories from Fat 110
	% Daily Value*
Total Fat 11 g	19%
Saturated Fat 1 g	5%
Dietary Fiber 1 g	4%
Polyunsaturated Fat 8 g	†
Omega-3 6200 mg	†
Omega-6 1810 mg	†
Monounsaturated Fat 2 g	†
Omega-9 2040 mg	†
Lignan (SDG) 5-23 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

16 oz. Liquid

Supplement Facts

Serving Size 3 Softgels (3.0 g)	
Servings Per Container 33	
Amount Per Serving	
Calories 24	Calories from Fat 22
	% Daily Value*
Total Fat 2.4 g	4%
Saturated Fat 0.2 g	0%
Dietary Fiber 0.6 g	2%
Polyunsaturated Fat 1.7 g	†
Omega-3 1335 mg	†
Omega-6 388 mg	†
Monounsaturated Fats 0.4 g	†
Omega-9 437 mg	†
Lignan (SDG) 2 - 6 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

100 ct. Softgels

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.

Available Sizes:

LIQUID: 8 ounce 12 ounce 16 ounce 32 ounce
SOFTGELS: 100 count 250 count

INGREDIENTS:

100% unrefined, unfiltered, organic flaxseed oil, flaxseed particulate.

SUGGESTED USE:

1-2 Tbsp. daily, can be used in salad dressings, mixed with yogurt, cottage cheese, oatmeal, blended beverages & protein drinks. Refrigerate. Freezing will extend shelf life up to one year.

SOFTGELS:

3-9 softgels per day.

SHAKE WELL. Stirring suggested to fully disperse flax particulate.



For more information
please contact:

Barlean's Organic Oils
4936 Lake Terrell Road
Ferndale, WA 98248

800-445-3529
barleans.com