

| NUTRITION INFORMATION | | | | |
|--|-----------------------|-------|---------------------|------|
| Typical values: | Per 100ml | %RI* | Per 5ml | %RI* |
| Energy | 3429.9kJ 834.3kcal | 40.8 | 171.5kJ 41.7kcal | 2.0 |
| Total Fat | 92.7g | 132.5 | 4.64g | 6.6 |
| of which: | | | | |
| - Saturates | 8.7g | 43.5 | 0.44g | 2.2 |
| - Monounsaturates | 14.4g | | 0.72g | |
| - Polyunsaturates | 69.5g | | 3.48g | |
| Carbohydrates | 0g | 0 | 0g | 0 |
| of which: | | | | |
| - Sugars | 0g | | 0g | |
| Fibre | 0g | | 0g | |
| Protein | 0g | 0 | 0g | 0 |
| Salt | 0g | 0 | 0g | 0 |
| Alpha Linolenic Acid (omega 3 EFA) | 57.8g | | 2.9g | |
| Linoleic Acid (omega 6 EFA) | 11.7g | | 0.6g | |
| %RI - Reference Intake of an average adult (8400kJ/2000kcal) | | | | |
| This pack provides 70 x 5ml portions. | | | | |

INGREDIENTS: Organically grown unrefined flax seed oil (*Linum usitatissimum*).

DOES NOT CONTAIN: sugar, salt, starch, soya, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

This superior PET bottle is 100% stable & non toxic.

Suitable for vegetarians and vegans.
This product is not tested on animals.



HIGHER NATURE®

Ω OMEGA EXCELLENCE

Organic Flax Seed Oil

High in plant source omega 3

Vegan
350ml



Organic Flax Seed Oil 350ml
OEFL350 110

DIRECTIONS: Take 1-2 teaspoons (5-10ml) a day (adults and children over 3 years). Take 1 teaspoon (5ml) a day (children from 6 months to 3 years).

This tasty, unrefined Flax Seed Oil is high in Omega 3 fatty acids, typically 50-65% (Alpha Linolenic Acid), and also provides Omega 6 and Omega 9. Made from 100% Certified Organic Flax seeds, cold-pressed, filtered to a beautiful golden oil and packaged in specially made opaque, recyclable PET bottles, which help protect against harmful UV light and oxygen. Use in salad dressings and on vegetables. Not suitable for frying or baking.



GB-ORG-05
Kazakhstani Agriculture



OEFL-309-01



**STORE IN A COOL, DARK PLACE.
REFRIGERATE AFTER OPENING AND
CONSUME WITHIN 6 WEEKS.
PACKAGED IN A PROTECTIVE ATMOSPHERE.**

Batch No:

BBE:

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com

