

FLAXSEED OIL



Canada is the largest producer of flaxseed in the world, and we source all of our flaxseed from conventional and organic growers across the Canadian Prairies. Our flax oil is cold-pressed using a proprietary method that allows us to produce the best tasting oil possible and protect the important omega-3 ALA fatty acids. After cold-pressing the flaxseed, our oil is then filtered to ensure the best clarity possible.

Quick Facts:

- High in omega-3 essential fatty acids; flaxseed has one of the highest concentrations of omega-3 ALA in plant based products
- Adding flax oil as an ingredient provides a huge boost to omega-3, meaning only a small amount is needed for omega-3 source claims
- Non-GMO, gluten and allergen Free
- As of 2016, FDA rules state that omega-3 content claims can only be made for products with omega-3 ALA, and can no longer be made for products containing omega-3 DHA and EPA from products such as fish oil
- Light nutty taste
- Supplement quality product ideal for encapsulation

Nutrition Facts

Serving Size 1 tbsp (15mL)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 14g	22%
Saturated Fat 2g	10%
Polyunsaturated Fat 10g	
Omega-6 8g	
Omega-3 2g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Carbohydrate 0g	0%
Fibre 0g	0%
Sugars 0g	0%
Protein 0g	0%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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