

FLAX OIL

THE VERY BEST SOURCE OF
PLANT-BASED OMEGA-3





CLEAR

Milder flavor,
great culinary
oil



LIGNAN

Heartier flavor,
contains flaxseed
particulate, max
nutritional value



Family Owned and Operated
Barlean's is a leader in the natural foods
industry and recognized internationally
for their unparalleled quality products.

WHY FLAX OIL? PLANT-BASED OMEGA-3

Barlean's Flax Oil is ideal for those who prefer a **vegan Omega-3 option**. Of all known food sources, organic flax oil is recognized as nature's most abundant source of plant-based, vital Omega-3s. Flax Oil has a delicious, nutty flavor, is low in carbohydrate content and is packed with nutrition. Vegans, raw food enthusiasts and chefs all enjoy flax oil for its numerous health benefits, versatility and delicious flavor.

Flax Oil is rich in the Omega-3 Fatty Acid LNA (Alpha-linolenic Acid). LNA is converted by the body into EPA and DHA, which are the same healthful fatty acids found in oily fish such as salmon and fish oil supplements.

HOW CAN I USE IT? SAUCES, DRESSINGS & MORE

Flax Oil is so versatile that Barlean's has an entire recipe booklet devoted to its uses. That said, many people love it straight off the spoon! Others prefer it mixed into salad dressing, yogurt, oatmeal, cottage cheese or smoothies. Check out new usage ideas and recipes on our Facebook page. Request a free recipe booklet at (800) 445-3529.

BARLEAN FAMILY RECIPE: ALMOND-FLAX BUTTER

½ cup raw almonds
3 Tbsp Barlean's Flax Oil
Grind almonds to the consistency of meal in blender. Add the flax oil and process until creamy.



CLEAR OR LIGNAN? A MATTER OF CHOICE

Which flaxseed oil is right for you - Clear or Lignan? It's really a matter of choice. Barlean's Lignan Flax Oil is unfiltered, so you will see and taste flaxseed particulate in the oil. This particulate contains lignans, which are highly-studied, antioxidant-rich plant phytonutrients with numerous health benefits. Those seeking maximum nutritional value and who enjoy a heartier flavor, will prefer lignan flax oil. Those who prefer a milder flavor generally choose clear flax oil.



WHY BARLEAN'S? #1 BEST SELLING FLAX OIL

Barlean's has been the best-selling flax oil in America year after year for good reason. With flax oil as the flagship product, Barlean's has been family owned and operated for 25 years. Recognized internationally as the Omega-3 experts, with all that Barlean's has to offer, the choice is clear:

- Certified Organic, Certified Non-GMO, Gluten-Free
- Sourced from Premium North American Seeds Only
- Proprietary Fresh Cold-Pressing
- Pure & Unrefined as Nature Intended
- Freshness Dating for Highest Quality, Best Taste
- Multi-Award Winning Formula, 100% Guaranteed