MAX FLAX OIL is an excellent source of vegetarian omega-3 and omega-6 fatty acids, omega-9 fatty acid, along with the vital flax lignans. Diets rich in these fatty acids and lignans are associated with abundant health and energy.

- Flaxseed oil is derived from the seeds of the flax plant (*Linum usitatissimum, L.*). Flaxseed oil contains the two essential fatty acids, alpha-linolenic acid (omega-3) and linoleic acid (omega-6), along with oleic acid (omega-9).
- Flaxseed oil is nature’s richest source of the vegetarian omega-3 fatty acid alpha-linolenic acid.
- Alpha-linolenic acid, an omega-3 fatty acid, is essential for humans. Alpha-linolenic acid is an integral component of all cell membranes and plays a vital role in many cellular and metabolic processes.
- Linoleic acid, an omega-6 fatty acid, is an essential fatty acid for humans and an integral component of cell membranes and necessary for good health.
- Oleic acid is a mono-unsaturated omega-9 fatty acid and non-essential for humans and has proven cardiovascular and overall health benefits.
- Flaxseed is the richest source of lignans. Flax lignans contain secoisolariciresinol diglycoside (SDG) which research has shown to be powerful antioxidants and support cardiovascular and hormonal health.
- Vegan source of omega-3 essential fatty acids.
- Cold-pressed daily for freshness.
- Pure, unrefined, unfiltered, and unbleached.
- Sugar free.

**KEY FEATURES**
- Excellent Vegan Source of Omega-3, Omega-6 Essential Fatty Acids and Omega-9 Fatty Acid
- High Lignan Content
- 100% Organic
- Promotes Healthy Heart Function, Nervous System Function, Joint Function, Hair, Skin, and Nail Health†
- Supports Vibrant Health and Energy†

**KEY MESSAGES**
- Flaxseed oil is derived from the seeds of the flax plant (*Linum usitatissimum, L.*). Flaxseed oil contains the two essential fatty acids, alpha-linolenic acid (omega-3) and linoleic acid (omega-6), along with oleic acid (omega-9).
- Flaxseed oil is nature’s richest source of the vegetarian omega-3 fatty acid alpha-linolenic acid.
- Alpha-linolenic acid, an omega-3 fatty acid, is essential for humans. Alpha-linolenic acid is an integral component of all cell membranes and plays a vital role in many cellular and metabolic processes."}
- Linoleic acid, an omega-6 fatty acid, is an essential fatty acid for humans and an integral component of cell membranes and necessary for good health."}
- Oleic acid is a mono-unsaturated omega-9 fatty acid and non-essential for humans and has proven cardiovascular and overall health benefits."}
- Flaxseed is the richest source of lignans. Flax lignans contain secoisolariciresinol diglycoside (SDG) which research has shown to be powerful antioxidants and support cardiovascular and hormonal health."}
- Vegan source of omega-3 essential fatty acids.
- Cold-pressed daily for freshness.
- Pure, unrefined, unfiltered, and unbleached.
- Sugar free.

**Size:** NET WT. 16 FL. OZ / 473 ML  
**Serving Size:** 1 Tbsp (15ml)  
**Servings Per Container:** 31
Directions: 1-2 Tbsp. daily, can be used in salad dressings, mixed with yogurt, cottage cheese, oatmeal, blended beverages & protein drinks. Refrigerate for quality. Freezing will extend shelf life up to one year. SHAKE WELL BEFORE EACH USE.

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

Note: If you are pregnant, nursing, have any health conditions or are taking any medications, consult your health care practitioner before using this product.

KEEP OUT OF REACH OF CHILDREN.

Key References

TARGET MARKET
Primary: Individuals looking for an all vegetarian flaxseed oil as a source of the essential omega-3 and omega-6 fatty acids, omega-9 fatty acid, lignans, and dietary fiber to support vibrant health and energy.

RECOMMENDED STACK
• Vit-Acell
• Maxpro
• High 5
• Max Glutamine
• Max Green Synergy

Supplement Facts
Serving Size: 1 Tbsp (15 ml) Servings Per Container: 31

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>11 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>8 g</td>
</tr>
<tr>
<td>Omega-3</td>
<td>6200 mg</td>
</tr>
<tr>
<td>Omega-6</td>
<td>1810 mg</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Omega-9</td>
<td>2040 mg</td>
</tr>
<tr>
<td>Lignan (SDG)</td>
<td>5-23 mg</td>
</tr>
</tbody>
</table>

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