



TassieGold® Golden Flaxseed Oil is a rich source of Omega 3 (60% as ALA) and is an excellent vegetable alternative to fish oil. This fresh, nutty-tasting oil may be combined with cottage cheese, yoghurt, milk/soy drinks and fruit smoothies - or added to rice, vegetables, pasta and salad dressings. *TassieGold* Golden Flaxseed Oil is cold-pressed from Tasmanian-grown golden flaxseeds at less than 40°C, to produce an oil that retains the inherent taste and nutritional qualities of premium flaxseeds.



DO NOT COOK WITH FLAXSEED OIL.

***NUTRITIONAL INFORMATION**

Servings per package (Adult) - 14
Serving size (Adult) - 20ml (18.5g)

	QTY PER SERVE	QTY PER 100g
ENERGY	685kj	3700kj
PROTEIN	0g	0g
FAT, total	18.5g	100g
-saturated	1.72g	9.3g
EFA		
-Omega 3 AlphaLinolenic	11.1g	59.9g
-Omega 6 Linoleic	2.9g	15.8g
-Omega 9 Oleic	2.8g	14.9g
CARBOHYDRATES	0g	0g
SUGARS	0g	0g
SODIUM	0g	0g
POTASSIUM	0g	0g

***TYPICAL ANALYSIS**

INGREDIENTS:

Golden Flaxseed Oil
(not genetically modified),
cold-pressed and unrefined.

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