

100% Organic Golden Flax Oil 200 ml

EAN: 5060003595052 FABRICANTE: VIRIDIAN



Vegan source of Omega3. Bio. No added sugars. Without gluten. Without lactose. Vegan. Vegetarian.

DESCRIPTION

Recommended daily dose/instructions for use: Take one to three teaspoons a day with food, or as recommended by a specialist. The daily dose expressly recommended for this product should not be exceeded.

This highly nutritious oil can be added to fruit, vegetable smoothies, salad dressings, sauces, soups or as a condiment drizzled over vegetables, pasta, rice, potatoes, etc. or just taken straight from the spoon.

Nutritional information:

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Each 5 ml teaspoon provides approximately:		
100% Organic Golden Linseed Oil		
Provides:		
Alpha linolenic acid (omega 3)	2450mg	55
Linoleic acid (omega 6)	750mg	fifteen
Oleic acid (omega 9)	770mg	twenty

NRV = European Union Nutrient Reference Value. Approximate quantity: 40 teaspoons.

