



Fushi Fresh-Pressed®, pure, organic oils are unrefined and cold-pressed, from **the season's harvest to ensure freshness and quality.**

In Ayurveda, **Prana represents life-force energy**, and we infuse this philosophy into our products. Our ingredients are 100% pure to deliver the best efficacy, **created in our London workshop.**



WARNING ABOUT FLAXSEED OIL

Fushi is a registered trademark
www.fushiwellbeing.com

FUSHI WELLBEING LTD.

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fushi

FLAXSEED OIL

FRESH-PRESSED® | 100% PURE

ORGANIC
NUTRITION | OMEGA 3



DIRECTIONS: Take 1-2 teaspoons daily with food.

INGREDIENTS: Organic, Cold-Pressed, Unrefined, Flax Seed (Linum usitatissimum) Oil.

ORIGIN: Made in the UK.

CAUTION: Store in a cool, dry place.

FREE FROM: Preservatives, artificial colours or flavours, yeast.

BEST BEFORE: Once opened **keep refrigerated** and consume within 1 month.

NUTRITIONAL INFORMATION	PER (5ML) TEASPOON	PER 250ML APPROX 50 SERVING	%NRV*
Energy	186kJ/45kcal	9250kJ/2250kcal	2.2%
Fat	5.0g	249g	7.7%
of which saturates	0.45g	22.38g	2.25%
of which polyunsaturates	3.8g	191.8g	-
of which monounsaturates	0.7g	34.8g	-
Carbohydrates	0g (trace)	0g	0%
of which sugars	0g (trace)	0g	0%
Protein	0g (trace)	0g	0%
Salt	0g	0g	0%
Alpha-linolenic acid (ALA)*	2.4-3g	120-150g	~150%

*Typical ALA content: 51-60%. Due to natural variation in cold-pressed oils, ALA levels may vary between batches.



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250ml e