

Average Nutritional Values/ valeur nutritionnelle
moyenne pour/ keskimääräinen ravintoarvo/ gemiddelde
voedingswaarde/ näringsvärden/ **per 100g**

Energy/ énergie/energia/ energi/energie	3760kJ/900kcal
Fat/ matières grasses/rasva/vetten/fett	100g
of which saturates/ dont acides gras saturés/ josta tyydyttynyttä/waarvan verzadigde vetzuren/hvorav mettet fett	11g
Mono-unsaturates	18g
Polyunsaturates	71g
of which Alpha Linolenic Acid	51g
of which Linoleic Acid	16g
Carbohydrate/ glucides/hiilihydraatit/ koolhydraten/karbohydrater	0.0g
of which sugars/ dont sucres/josta sokereita/ waarvan suikers/hvorav sukkerarter	0.0g
Fibre/ fibres alimentaires/ravintokuitu/ vezels/fiber	0.0g
Protein/ protéines/proteini/eiwitten/protein	0.0g
Salt/ se/vuola/zout/salt	0.0g

Once opened keep refrigerated and consume within 6 weeks/ Après ouverture, conserver au réfrigérateur et consommer endéans les 6 semaines/ Avaamisen jälkeen pitää jääkaapissa ja käyttää 6 viikon sisällä/ Na openen in de koelkast bewaren en binnen 6 weken consumeren/ Öppnad förpackning förvaras i kylen och används inom 6 veckor.

Best before: see stamp/ À consommer de préférence avant le: voir impression/ Parasta ennen: katso pakkausn päältä/ Ten minste holdbaar tot: zie stempel/ Bäst före-datum: se datummärkning.

www.biona.co.uk

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Biona, Turfstekker 6, 8433 HT, Haulerwijk, Netherlands



ORGANIC FLAX SEED OIL

*cold-pressed organic
flax seed oil*

*a great source of
polyunsaturated
fatty acids and high
in Omega 3*

250ml

ORGANIC FLAX OIL

*Flax Seed Oil has been known for centuries
as an excellent source of vital
polyunsaturated fatty acids.*

*Biona Organic Flax Seed Oil is a rich and
natural source of Omega-3.*

GB ORGANIC FLAX SEED OIL

Ingredients: Flax Seed Oil*. * = Certified Organic Ingredients.

F HUILE DE GRAINES DE LIN BIOLOGIQUE

Ingédients: huile de graines de lin*.

* = issu de l'agriculture biologique.

FIN LUOMU PELLAVANSIEMENÖLJY

Ainekset: pellavansiemenöljy*. * = kontrolloitu luomutuote.

NL BIOLOGISCHE LIJNZAAD OILIE

Ingrediënten: lijnzaadolie*.

* = van gecontroleerd biologische landbouw.

S EKOLOGISKA LINFRÖOLJA

Ingredienser: linfröolja*. * = certifierat ekologiska ingredienser.

Our careful pressing and bottling method preserve the nutritional wealth, natural flavour and golden yellow colour as much as possible.

Serving suggestion: Drizzle our Flax Seed Oil over your salad, savoury dish or simply enjoy on its own. Recommended usage: 1-2 tablespoons per day.



NL-BIO-01
non-EU Agriculture
Agriculture non UE
EU:nulopuolinen maatalous
niet-EU Landbouw
icke-EU jordbruk



PLEASE
RECYCLE



250ml