

For thousands of years, the human diet evolved on a natural selection of foods which provided omega 6 and omega 3 Essential Fatty Acids (EFA's). Don Lemmon's unique organic blend of unrefined oils offers the body an opportunity to balance itself again. Using Omega Nutrition's omegaflō process, this product is manufactured with:

- Low temperature pressing.
- Processed & Packaged (HDPE ♻️) in complete exclusion of light, oxygen & reactive metals.
- No additives, preservatives, bleaching agents or hexane extraction.
- No trans fatty acids.
- Certified organic seeds, that were not genetically modified
- Completely unrefined oils

**INGREDIENTS:** UNREFINED ORGANIC FLAX AND PUMPKIN SEED OILS, ORGANIC FLAX SEED PARTICULATE, AND UNREFINED ORGANIC ALMOND, SESAME AND BORAGE OILS.

**USAGE**

**SHAKE & STIR WELL**

- Use daily 1 Tbsp minimum per 100 pounds of body-weight
- It is important to stir Lignans which settle on bottom. Lignans are an important part of the nutritional profile of this formula.
- Great in salad dressings, blender drinks, on meat, veggies, eggs, cottage cheese, soy, or tofu.

**STORAGE CONDITIONS**

- Refrigerate immediately!
- Consume within 30 days of opening
- Can be frozen to extend shelf life

**DO NOT HEAT OVER**

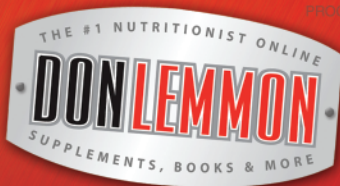
- 49°C / 120°F**
- Not for cooking, do not fry

*Don Lemmon's*  
**Perfect EFA Oil Blend**

**The Thickest, Freshest & Tastiest Essential Fatty Acid Oil Available!**

**100% Organic • No Trans Fat  
 No Hydrogenated Oils • 100% Pure**

omegaflō  
 PROCESS



**www.lemmonsoil.com**  
 All Natural Dietary Supplement  
 16 fl. oz. • 473 ml • 30 Day Supply

**Supplement Facts**

Serving Size 1 tbsp. (14g)  
 Servings: About 33

Amount Per Serving	% Daily Value*
Calories 120	
Calories from Fat 120	
Total Fat 13g	20%*
Saturated fat 1.5g	7%*
Trans Fat 0g	
Polyunsaturated fat 8.5g	
Monounsaturated fat 2.5g	
Total Carbohydrate 0.5g	0%*
Dietary Fiber 0.5g	1%*
Protein 0.5g	
Vitamin E 2.2 I.U	8%*
Omega 3 Fatty Acids 5800mg	440%*
Omega 6 Fatty Acids 2675mg**	
Omega 9 Fatty Acids 3150mg**	
Gamma-Linolenic Acid (GLA) 10mg**	
Lignans (SDG) 13mg**	

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\* daily values not established

is a registered trademark of Omega Nutrition

Manufactured for:

**Don Lemmon**  
 c/o T.J. Clark Co.  
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 St George Utah 84770  
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**Certified Organic by the Washington State Dept. of Agriculture**

Printed in Canada



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Before