



# FLAXSMART™

- Organic flax oil
- High lignans in each capsule
- Lipase for maximum breakdown and absorption

FlaxSMART™ is a blend of organic flax oil, lipase and lignans.

Each serving contains 1500mg of ALA, the parent Omega-3 fatty acid, which can be converted within the body into other omega fatty acids.

FlaxSMART also contains lignans, phytonutrients found in flax seeds that act as phytoestrogens. ReNew Life adds LignaMAX, a lignan-rich flax fiber concentrate, to each capsule to ensure a high concentration in each serving, not just at the bottom of the bottle, like most liquid flax oils.

FlaxSMART contains lipase, the enzyme used by the body to break down fats and oils. Lipase helps to maximize the breakdown and absorption of the omega fatty acids.\*

## Supplement Facts

Serving Size: 3 Capsules  
Servings per container: 60

	Amount Per Serving	% DV
Calories	30	
Calories from Fat	25	
Total Fat	2.4 g	4%*
Saturated Fat	0.3 g	2%*
Polyunsaturated Fat	1.7 g	**
Monounsaturated Fat	0.4 g	**
<b>Omega-3 Fatty Acids</b>		
Alpha Linolenic Acid [ALA] (omega-3)	1500 mg	**
<b>Omega-6 Fatty Acids</b>		
Linoleic Acid (omega-6)	405 mg	**
<b>Omega-9 Fatty Acids</b>		
Oleic Acid (omega-9)	480 mg	**
LignaMAX™	300 mg	**
Lipase (activity 1,200 LU)	15 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established

Ingredients: Certified organic cold-pressed flax seed oil and lipase

Other Ingredients: Gelatin, glycerin, purified water, beeswax, silica, natural caramel color and lecithin

**Directions:** Take 3 capsules each day.



FlaxSMART was formulated by Brenda Watson, C.N.C., president of ReNew Life Formulas and the founder of five natural healthcare clinics specializing in internal cleansing and detoxification.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.