The freshwater export from the Labrador Current to the North Atlantic is of great importance to our understanding of Atlantic circulation processes. The critical role played by the freshwater exchange across the Labrador Sea has been documented for many decades and is regarded as one of the key processes driving the thermohaline circulation. The freshwater export from the Labrador Current is primarily carried by the Labrador Shelf Current and the Labrador Subpolar Frontal Current and it constitutes a major component of the North Atlantic Deep Water formation. The freshwater export is strongly influenced by the local climate, oceanography, and ocean-atmosphere interactions. The observed freshwater transport is estimated to be between 20 and 40% of the total freshwater export from the Arctic. The importance of the freshwater export is highlighted by the fact that it has a significant impact on the formation of North Atlantic Deep Water and the thermohaline circulation. The freshwater export is also important for the regulation of the ocean's heat content and its impacts on the climate system. Therefore, understanding the mechanisms controlling the freshwater export and their variability is crucial for predicting climate change impacts on the North Atlantic Ocean.