

Peel Here
for more information

Do Not Eat Freshness Packet. Keep in Bottle. Please Recycle.
Certified Organic by Quality Assurance International.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carboxy).
Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Made in the U.S.A. www.protocolforlife.com

*Pleasest Daily Values are based on a 2,000 calorie diet. † Daily Values not established.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	25	
Total Fat	3 g	4%*
Saturated Fat	0.5 g	0%*
Trans Fat	0 g	
Polysaturated Fat	2 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	
Sodium	0 mg	
Organic Flax Seed Oil (Linum catharticum)	3.0 g (3,000 mg)	†

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

PROTOCOL
FOR LIFE BALANCE™

Flax Seed Oil 1000 mg

- Made With Certified Organic Flax Oil
- Supports Cardiovascular System*
- Cold-Pressed & Unrefined

10% of profits donated for health research

120 Softgels

A Dietary Supplement



SUGGESTED USAGE: As an herbal dietary supplement, take 3 softgels 2 to 3 times daily, preferably with meals.

Flax Seed Oil is a very rich source of *alpha*-linolenic acid, an omega-3 fatty acid that can be converted into eicosapentaenoic acid (EPA), omega-3 fatty acids are essential nutrients that are poorly represented in the American diet. These beneficial fatty acids support the proper regulation of immune function and are important for cardiovascular health and normal cell division.*

Flax Seed Oil has been specially processed so as to be as close to the original seed oil source as possible. Care has been taken to bring this product to market in softgels, a delivery form that hermetically seals the oil and protects it from oxidation and contamination. No preservatives, additives, bleaches or fillers are used with this oil.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Each serving may also provide the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats:

Linolenic Acid (Omega-3) 1,650 mg (55%)
 Linoleic Acid (Omega-6) 420 mg (14%)
 Oleic Acid (Omega-9) 570 mg (19%)
 Other (Saturated) 360 mg (12%)

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Flax Seed Oil is a very rich source of *alpha*-linolenic acid (LNA). LNA is an omega-3 fatty acid that can be converted by the body into eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), the more biologically active omega-3 fatty acids. Omega-3's are known as essential fatty acids (EFAs) because they cannot be produced by humans and therefore must be obtained from the diet. Omega-3 fatty acids are critical for the maintenance of cell membrane fluidity and healthy cellular signaling. In addition, omega-3 fatty acids are known to support balanced immune and inflammatory responses.*

Flax Seed Oil has been specially processed and cold pressed to be as faithful to the original seed oil source as possible. This exceptional product comes in soft gels in order to seal the oil and protect it from oxidation and contamination.

Cautions and Interactions

Flax seed oil is indicated as an omega-3 fatty acid source to support cardiovascular health and proper immune function. The oil should be consumed with food. Rarely, flax seed oil is associated with mild gastrointestinal symptoms.

At higher intakes, the oil may interact with warfarin or other agents that increase clotting time and that supplementation with flax oil should be halted prior to surgical procedures.

Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

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This product contains an Ageless® anti-oxygen packet to enhance protection during storage.