

Suggested Usage: As a dietary supplement, take 3 softgels 2 to 3 times daily, preferably with meals.

Flax Oil is a rich, balanced source of essential fatty acids. These beneficial fats play important roles in human health.* No preservatives, additives, bleaches or filters are used in this oil.

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%)

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



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Essential Fatty Acid

Omega Nutrients

Made with Certified Organic Flax Oil

1000 mg

Dietary Supplement

100 Softgels



PHYSICIAN'S PREFERENCE®

Supplement Facts

Serving Size 3 Softgels Servings Per Container 33

Amount Per Serving	%Daily Value
Calories 25	
Calories from fat 25	
Total Fat 3 g	5%*
Saturated Fat < 0.5 g	2%*
Trans Fat 0 g	+
Polyunsaturated Fat 2 g	+
Monounsaturated Fat 0.5 g	+
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Organic Flax Seed Oil (<i>Linum usitatissimum</i>) 3.0 g	+

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

+Daily Value not established

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob).

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Certified Organic by Quality Assurance International.

Physician's Preference®

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