

Directions: Take one (1) softgel twice daily preferably with a meal for maximum daily results, or as directed by your healthcare provider. Do not exceed recommended dosage.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Added Sugar, Salt, Yeast, Preservatives, Artificial Colors.

21ST Century HealthCare, Inc.
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www.21stcenturyvitamins.com



**21ST
CENTURY®**



DIETARY SUPPLEMENT

Flaxseed Oil

1000 mg

**Contains Omega-3-6-9 Fatty Acids To Support Healthy Estrogen,
Healthy Triglyceride & Healthy Cholesterol Levels ***

60 Softgels

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	% DV
Calories	10
Calories from Fat	10
Total Fat	1 g 2%
Flaxseed Oil	1000 mg **
Containing not less than:	
500 mg – 550 mg Alpha Linolenic Acid (omega-3),	
123 mg – 182 mg Linoleic Acid (omega-6),	
126 mg – 274 mg Oleic Acid (omega-9).	

** Daily Value (DV) not established.

Other Ingredients: Gelatin, Glycerine, Purified Water.
May contain soy ingredients.

* 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.

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21ST Century® ... for a healthier future.

Flaxseed Oil 1000 mg

21st Century's® Flaxseed Oil contains high lignan content to support healthy estrogen levels and Omega-3-6-9 Fatty Acids for healthy triglyceride & cholesterol levels which are within normal range.* Flaxseed is the richest known vegetarian source of omega-3 fatty acids. Research show these omega-3 fatty acids may support a healthy heart and help maintain cholesterol levels which are within normal range.*

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