



PRODUCT OF USA

TAMPER EVIDENT, USE ONLY IF SEAL IS INTACT

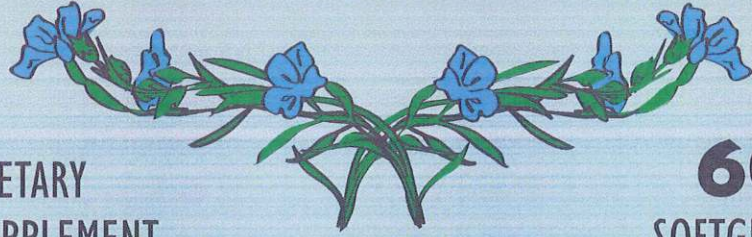
www.wholefoodsmarket.com

MANUFACTURED FOR: WHOLE FOODS MARKET
550 BOWIE STREET • AUSTIN, TEXAS 78703
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PLEASE RECYCLE
THIS BOTTLE



DIETARY
SUPPLEMENT



Flax Seed Oil

Natural Omega-3 Fatty Acids

1000mg

60
SOFTGELS

WHOLE FOODS™

COLD PRESSED

DIRECTIONS: TAKE 1 SOFTGEL, ONE TO THREE TIMES DAILY WITH FOOD.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Total Calories	10
Calories From Fat	10
Total Fat	1g 2%**
Polyunsaturated Fat	0.5g *
Organic Flax Seed Oil	1000mg *
Typical Nutritional Profile	
Alpha-Linolenic Acid (Omega-3 Fatty Acid)	450mg *
Linoleic Acid (Omega-6 Fatty Acid)	110mg *
Oleic Acid (Omega-9 Fatty Acid)	110mg *
Other Fatty Acids	50mg *

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

* Daily Value not established.

OTHER INGREDIENTS: GELATIN, GLYCERIN, NATURAL CARAMEL COLOR, PURIFIED WATER.

ALLERGEN INFORMATION: PRODUCED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, MILK, EGGS, SHELLFISH, FISH, WHEAT AND SOY.

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES.

NOTE: IF YOU ARE PREGNANT, NURSING, HAVE ANY HEALTH CONDITION OR ARE TAKING ANY MEDICATIONS CONSULT YOUR HEALTH CARE PRACTITIONER BEFORE USING THIS PRODUCT.

**KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL DRY PLACE**