

List No. 1617
L36
Cat. A246
5A008



Nature Made

Flaxseed Oil

Made with
Organic Flaxseed Oil

1000 mg



DIETARY SUPPLEMENT
100 LIQUID SOFTGELS

**Omega-3
for Heart
Health†**



Enter Code for Wellness
Rewards Points at
www.NatureMade.com

ESSENTIAL FATTY ACIDS NATURALLY OCCUR IN FLAXSEED – Flaxseed Oil is an edible oil derived from the seeds of the flax plant. Flaxseed Oil is a source of Omega-3 fatty acids. Consumption of Omega-3 fatty acids may support cardiovascular health.†
No Artificial Colors • No Artificial Flavors
No Preservatives • No Yeast, Starch or Gluten

Supplement Facts

Serving Size 1 softgel

Amount Per Softgel	% Daily Value
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Calories 10	
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Calories from Fat 10	
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Total Fat 1 g	2%**
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Polyunsaturated Fat 0.5 g	
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Vitamin E 1 IU	3%
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Organic Flaxseed Oil 1,000 mg	*
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Alpha Linolenic Acid (Omega-3) 500 mg	*
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Linoleic Acid (Omega-6) 110 mg	*
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Oleic Acid (Omega-9) 120 mg	*
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*Daily Value not established.

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

SUGGESTED USE: Take one softgel two to three times daily with a meal.

Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

Caution: If you are pregnant or nursing, or taking medication, facing surgery, have bleeding problems, undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

OTHER INGREDIENTS: Gelatin, Glycerin, Water, d-Alpha Tocopherol.

Certified Organic by Organic Certifiers.

Distributed by:

Nature Made Nutritional Products
Mission Hills, CA 91346-9606, U.S.A.
1-800-276-2878 www.NatureMade.com

Flaxseed Oil liquid softgels are made to Nature Made's guaranteed purity and potency standards.
Valid only for U.S. and Puerto Rico residents.

†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.

Lot:
Exp: