

STORE IN A COOL, DRY PLACE. REFRIGERATE AFTER
OPENING. Suggested Serving: 6 softgels daily with food.
Consult a healthcare practitioner for your individual needs.

THE BENEFITS OF OMEGA-3s

Flax oil is nature's richest source of
alpha-linolenic acid (ALA), an omega-3
essential fatty acid. Often referred to
as a "Good Fat", this vital EFA helps
support normal cardiovascular function
and helps to maintain healthy hair,
skin and nails.*

*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.

L240480P-006



Spectrum
ESSENTIALS®

Flax Oil

OMEGA-3



Essential Fatty Acids
Cold Pressed • Unrefined

250
SOFTGELS

DIETARY SUPPLEMENT

1000 mg
EACH

A 6g SERVING HAS:
3.3g OMEGA-3 ALA

Supplement Facts

Serving Size: 6 Softgels (6g)
Servings Per Container About 42

Amount per Serving	% Daily Value
Calories 50 ↓	
Calories from fat 50	
Total Fat 6g	9%*
Saturated Fat 0.5g	3%*
Polyunsaturated Fat 4g ↓	†
Monounsaturated Fat 1g	†
Omega-3 (alpha-linolenic acid ALA) 3.3g ↓	206%
Omega-6 (linoleic acid LA) 0.9g ↓	†
Omega-9 (oleic acid OA) 1.2g ↑	†

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

Ingredients: Cold-pressed unrefined organic flaxseed oil.
Softgel (gelatin, water, glycerin, caramel and carob seed
extract for color).

Manufactured for Distribution by:
Spectrum Organic Products
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HDPE