CODE 1780

ACTUAL SIZE

SUGGESTED USAGE: As an herbal dietary supplement, take 3 softgels 2 to 3 times daily, preferably with meals.

NOW® High Lignan Flax Seed Oil is an optimal dietary supplement that is an excellent vegetarian source of Omega-3 acids, which support the metabolism of essential fatty acids. It also supplies high levels of lignans, phytochemicals that are structurally related to estrogens. Look for other fine NOW® products in health food stores nationwide.

Caution: Because lignans have phytoestrogen and estrogen antagonist properties, they may affect the reproductive development of offspring. Pregnant and lactating women should consult with a qualified health practitioner before use.

The Flax Oil used in this product is Certified Organic by Quality Assurance International

Manufactured by NOW FOODS
BLOOMINGDALE, IL 60108
Made in the U.S.A.
Visit us at www.nowfoods.com

NOW®

High Lignan Flax Seed Oil Softgels - 1000 mg

Made with Certified Organic Flax Oil
Cold-Pressed and Unrefined

QUALITY SINCE 1968 ASSURED

120 Softgels

An Herbal Dietary Supplement

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 40

	Amount Per Serving	%Daily Value
Calories	25	
Calories from Fat	24	
Total Fat	3 g	4%*
Saturated Fat	< 0.5 g	0%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†
Vitamin A (1200% as Beta-Carotene)	24 IU	0.5%
Organic Flax Seed Oil (*Linum usitatissimum*)	**3.0 g (3,000 mg)**	†
Lignans	480 mcg	†
Omega-3 Fatty Acids (Alpha-Linolenic Acid)	1.5 g (1,500 mg)	†
Omega-6 Fatty Acids (Linoleic Acid)	342 mg	†
Omega-9 Fatty Acids (Oleic Acid)	459 mg	†

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

Other Ingredients: Organic Flax Seed Oil, Lutein (derived from Marigold [Tagetes erecta] flower extract), Rosemary Extract, Vegetable Glycerin, Water and Gelatin (Bovine Source).

Contains no: milk, salt, sugar, yeast, wheat, gluten, corn, soy, milk, eggs, colorings, flavorings or artificial preservatives.