

ACTUAL SIZE



CODE 1772



Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomington, IL 60108
Made in the U.S.A. www.nowfoods.com

Store in a cool, dry place. Please Recycle.
Certified Organic by Quality Assurance International.

***This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

This Flax Seed Oil has been specially pressed to be as close to the original oil in the seed as possible. Extreme care has been taken in bringing this product to the market in the softgel form, which hermetically seals the oil and protects it from oxidation and contamination. No preservatives, additives, bleaches or fillers are used in this oil.

Flax Oil is a rich, balanced source of essential fatty acids. These beneficial fats play important roles in human health.

SUGGESTED USAGE: As a dietary supplement, take 3 softgels 2 to 3 times daily, preferably with meals. Consider taking this product in combination with NOW® CoQ10 and Tru-E BioComplex™.

NOW® Flax Oil delivers the natural nutrient profile found in Genuine Whole Foods.

Made with
Certified Organic
Flax Oil



Flax Oil

ESSENTIAL OMEGA-3'S

1000 mg

- Supports Cardiovascular System*
- Cold-Pressed & Unrefined

250 Softgels
A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 83

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	< 0.5 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Organic Flax Seed Oil (<i>Linum usitatissimum</i>)	3.0 g (3,000 mg)	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob).

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Each serving may also provide the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats:

Linolenic Acid (Omega-3) 1,650 mg (55%)

Linoleic Acid (Omega-6) 420 mg (14%)

Oleic Acid (Omega-9) 570 mg (19%)

Other (Saturated) 360 mg (12%)