

ACTUAL SIZE

7 33739 01780 2

CODE 1780 V3

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

Store in a cool, dry place. Please Recycle.

Other (Saturated) 360 mg (12%)
Oleic Acid (Omega-9) 570 mg (19%)
Linoleic Acid (Omega-6) 420 mg (14%)
Lindonic Acid (Omega-3) 1,650 mg (55%)

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

phytochemicals that are structurally related to estrogens.

metabolism of essential fatty acids. It also supplies high levels of lignans, an excellent vegetarian source of Omega-3 acids, which support the

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

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™.



HIGH LIGNAN Flax Oil

ESSENTIAL OMEGA-3'S

1000 mg

- Supports Cardiovascular System*
- Cold-Pressed & Unrefined

Made with
Certified Organic
Flax Oil

120 Softgels
A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	30	
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 3.0 g (3,000 mg) †
(*Linum usitatissimum*)

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

Ingredients: Organic Flax Seed Oil (unrefined and Non-GE) [includes organic flax particulate matter (source of lignans) and a natural antioxidant blend of Mixed Tocopherols (soy), Rosemary Oil and Ascorbic Acid] and Softgel Capsule (gelatin, glycerin, water, carob).

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

Certified Organic by Quality Assurance International.

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