

TRADER JOE'S®

# COLD PRESSED FLAX SEED OIL

DIETARY SUPPLEMENT

MADE WITH ORGANIC FLAX SEED OIL

1000MG

100 SOFTGEL



## Supplement Facts

Serving Size 1 softgel  
Servings Per Container 100

Amount Per Serving		% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1g	2%*
Organic Cold Pressed Flax Seed Oil ( <i>Linum usitatissimum</i> )	1,000mg	†

\* Percent Daily Values are based on a 2000 calorie diet.  
† Daily Value not established.

SOFTGEL SIZE

OTHER INGREDIENTS: Softgel Capsule (Gelatin, Glycerin, Water).  
Dist. & Sold Exclusively By:  
Trader Joe's, 800 S. Shamrock Ave. Monrovia, CA 91016  
Certified Organic By Quality Assurance International.

MADE IN THE USA

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

Alpha Linolenic Acid (Omega 3)	550 mg (55%)
Linoleic Acid (Omega 6)	140 mg (14%)
Oleic Acid (Omega 9)	190 mg (19%)

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Exp. Date/Lot #:

**SUGGESTED USE:** 1 softgel 2 to 3 times a day with a meal.

People with medical concerns should check with their physician before using this or any dietary supplement.

**STORAGE:** Keep tightly closed in a dry place. Do not expose to excessive heat.

**KEEP OUT OF THE REACH OF CHILDREN**

