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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC



Omega-3 fatty acids help support the cardiovascular
system, digestive health and joint health*



CODE 266802

FNG

Each softgel capsule supplies 1000 mg of cold-pressed, unrefined flax seed oil, which supplies essential fatty acids including alpha-linolenic and linoleic acids.

Directions: As a dietary supplement, take one to three softgel capsules up to three times daily.

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat (as Flax Seed Oil)(<i>Linum usitatissimum</i>)	1 g	2%†
Polyunsaturated Fat	0.5 g	*

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Carob Extract.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, No Gluten, No Corn, No Soy, No Dairy, Yeast Free.

Typical Fatty Acid Profile per Capsule:

alpha-Linolenic Acid (ALA)(Omega-3)	550 mg
Linoleic Acid (LA)(Omega-6)	144 mg
Oleic Acid (OA)(Omega-9)	165 mg
Palmitic Acid	54 mg

ACTUAL SIZE

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

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

Lot No./Best By: