

Directions: As a dietary supplement, take one softgel daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Flax Seed Oil 1000 mg Softgels are prepared from certified organically grown flax seed. Our oil is naturally squeezed from the flax seed by a process known as cold-pressing. No heat, solvents or chemicals are used. Flax seed oil is an excellent source of the omega fatty acids: Omega-3, Omega-6 and Omega-9. Available in easy-to-swallow softgels for maximum assimilation and absorption.

Manufactured for
Bluebonnet Nutrition Corporation
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Sugar Land, TX 77478 USA
www.bluebonnetnutrition.com

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Bluebonnet®



Certified Organic Flax Seed Oil 1000 mg

Omega-3,6,9 Essential Fatty Acids
Dietary Supplement
250 Softgels



Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Pure Flax Seed Oil (certified organic)	1000 mg	*
Omega-3 (alpha-linolenic acid)	550 mg†	*
Omega-6 (linoleic acid)	160 mg†	*
Omega-9 (oleic acid)	180 mg†	*

* Daily Value not established.

Other ingredients: Gelatin,
glycerin, purified water,
non-GMO sorbitol.

†Fatty acid content is
based on an average;
amounts may vary.

Free of milk, egg, fish, crustacean
shellfish, tree nuts, peanuts, wheat
and soybeans.

Also free of yeast, gluten, barley, rice,
sodium and sugar.

Organic Certification #C0031428-NOPHPC