

#1 PHARMACIST  
RECOMMENDED†

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List No. 1617  
L201  
Cat. A246  
5A008

  
**Nature Made**

# Flaxseed Oil

Made with  
Organic Flaxseed Oil

1000 mg



Helps Support  
a Healthy Heart†

DIETARY SUPPLEMENT  
**100 SOFTGELS**

Flaxseed oil is a plant-based source of essential fatty acids including the omega-3 alpha linolenic acid (ALA). Consumption of omega-3 fatty acids helps support a healthy heart.†

No Color Added • No Artificial Flavors • No Preservatives • No Yeast or Starch • Gluten Free

**SUGGESTED USE:** Take one softgel two to three times daily with a meal. For easier swallowing, take with water before and during ingestion. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

**CAUTION:** If you are pregnant or nursing, taking medication, facing surgery, have bleeding problems, or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
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Calories 10	
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Calories from Fat 10	
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Total Fat 1 g	2%**
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Polyunsaturated Fat 0.5 g	
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Vitamin E (as d-Alpha Tocopherol) 1 IU	3%
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Organic Flaxseed Oil ( <i>Linum usitatissimum</i> ) 1,000 mg *	
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Alpha Linolenic Acid (Omega-3) 500 mg	*
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Linoleic Acid (Omega-6) 110 mg	*
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Oleic Acid (Omega-9) 120 mg	*
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\*Daily Value not established.

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

OTHER INGREDIENTS: Gelatin,  
Glycerin, Water.

Distributed by:

**Nature Made Nutritional Products**  
Mission Hills, CA 91346-9606, U.S.A.  
1-800-276-2878

[www.NatureMade.com](http://www.NatureMade.com)

Certified Organic by  
Organic Certifiers.

† Based on Pharmacy Times Survey  
of pharmacists recommending  
Flaxseed Oil Supplements.

USP has tested and verified  
ingredients, potency, and  
manufacturing process.  
USP sets official standards  
for dietary supplements.  
[www.uspverified.org](http://www.uspverified.org).

†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.

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