

VALUE SIZE

List No. 1715
L202
Cat. A246
5A009

#1 PHARMACIST
RECOMMENDED†

Nature Made

Flaxseed Oil

Made with
Organic Flaxseed Oil
1000 mg



**Helps Support a
Healthy Heart†**

DIETARY SUPPLEMENT
180 SOFTGELS

†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.

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.

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

Certified Organic By Organic Certifiers.

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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.

† 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.

Lot:
Exp: