

#1 PHARMACIST
RECOMMENDED*

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List No. 2812
L202
Cat. A643
5A010

Nature Made

ONE PER DAY

Flaxseed Oil

Made with Organic Flaxseed Oil

1400 mg
Omega 3-6-9



DIETARY SUPPLEMENT
300 SOFTGELS

Helps Support a
Healthy Heart†

HELPS SUPPORT A HEALTHY HEART* – 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 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

Calories 20

Calories from Fat 10

Total Fat 1.5 g 2%**

Polyunsaturated Fat 1 g

Vitamin E (as d-Alpha Tocopherol) 1 IU 3%

Organic Flaxseed Oil (*Linum usitatissimu*) 1400 mg *

Alpha Linolenic Acid (Omega-3) 700 mg *

Linoleic Acid (Omega-6) 154 mg *

Oleic Acid (Omega-9) 168 mg *

*Daily Value not established.

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

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,
or 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.

USP has tested and verified
ingredients, potency, and
manufacturing process.
USP sets official standards
for dietary supplements.

www.uspverified.org

OTHER INGREDIENTS: Gelatin (porcine), 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.

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

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Lot:
Exp.:



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ITEM #
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