

#1 PHARMACIST
RECOMMENDED†

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**Nature Made**

ONE PER DAY

Flaxseed Oil

Made with Organic Flaxseed Oil

1400 mg
Omega 3-6-9



Helps Support a
Healthy Heart†

DIETARY SUPPLEMENT
100 SOFTGELS

List No. 2825
L201
Cat. A643
5A009

†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.

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
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Calories 20	
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Calories from Fat 10	
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Total Fat 1.5 g	2%**
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Polyunsaturated Fat 1 g	
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Vitamin E (as d-Alpha Tocopherol) 1 IU	3%
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Organic Flaxseed Oil (<i>Linum usitatissimu</i>) 1400 mg	*
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Alpha Linolenic Acid (Omega-3) 700 mg	*
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Linoleic Acid (Omega-6) 154 mg	*
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Oleic Acid (Omega-9) 168 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.: