

SOURCE NATURALS®



DIETARY SUPPLEMENT

AHIFLOWER® OIL

OMEGA-3s FOR HEART AND BRAIN*

30 VEGETARIAN SOFTGELS

Supplement Facts

Serving Size 4 Vegetarian Softgels
Servings Per Container 7

Amount Per Serving		%DV
Calories	25	
Calories from Fat	25	
Total Fat	3 g	5%*
Ahiflower® (<i>Buglossoides arvensis</i>) Seed Oil: 2.92 g †		
omega-3 fatty acids:		
Stearidonic Acid (SDA)	512 mg	†
alpha-linolenic Acid (ALA)	1.26 g	†
omega-6 fatty acids:		
gamma-linolenic Acid (GLA)	136 mg	†
Linoleic Acid (LA)	272 mg	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
†Daily Value not established.

Other ingredients: modified food starch, carrageenan, glycerin, purified water, rosemary extract, mixed tocopherols, sunflower oil, sunflower lecithin, and ascorbyl palmitate.

Contains soy.

Suggested Use: 1 to 4 softgels daily.

NOTE: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Source Naturals **AHIFLOWER® OIL** is a unique source of *omega*-3s, which are important for heart and brain health. A clinical study showed that the SDA *omega*-3 fatty acid in Ahiflower is significantly more efficient in increasing EPA levels than the fatty acid in flaxseed. Ahiflower is the highest known non-GMO source of SDA. This product also contains 136 mg per serving of the same beneficial *omega*-6 GLA found in evening primrose oil. Source Naturals AHIFLOWER OIL does not contain any fish or animal products, or animal-derived ingredients.*

STORE IN A COOL, DRY PLACE.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

***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.**

Manufactured for:
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