

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1 to 2 capsules 2 times daily
with food or as directed by
your healthcare professional.

Warning

If pregnant, consult your
physician before taking.

EXCLUDES COATINGS, BINDERS, MILK/DAIRY
(CASEIN, WHEY)[†], SOY PROTEIN[†], EGG
PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net



Flax Lignan SDG 78mg

DIETARY SUPPLEMENT
60 VEGETARIAN CAPSULES

Supplement Facts

serving size: 2 vegetarian capsules

servings per container: 30

amount
per serving

SDG (secoisolariciresinol-diglucoside) 156mg*

This amount of Flax Lignan SDG per serving is
equal to the amount contained in 2 tablespoons
of ground flaxseeds (approximately 14 grams).

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule,
Rice Powder, Calcium Carbonate, Ascorbyl
Palmitate, and Silica.

Contains: Gluten (from wheat, rye, or barley)

manufactured by
VITAL NUTRIENTS
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