SUGGESTED USE: Take one (1) softgel 1-2 times daily preferably with meals or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 and individuals with a known medical condition should consult a physician before using this or any dietary supplement







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FLAXSEED OIL

COLD-PRESSED

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Coming Size: 1 Softgel

Servings Per Containor: 100

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Amount	Per Serving	% D
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2
Flaxseed Oil Naturally Providing: Alpha-Linolenic Acid (Omega-3) Linoleic Acid (Omega-6) Oleic Acid (Omega-9) Other Fatty Acids & Phytonutrients	1000 mg	

OTHER INGREDIENTS: Gelatin (bovine), Glycerin and Purified Water.

SUPPORTS

CAREFULLY CRAFTED FOR

ZHOU NUTRITION®

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