

Flax Seed Oil

Flax Seed Oil is rich in alpha-linolenic acid, an essential ω -3 fatty acid, extracted using a special chemical-free, cold-pressing process which minimizes the damaging effects of light, oxygen and heat. Also contains linoleic acid (ω -6) and oleic acid (ω -9).

Suggested Use

As a dietary supplement, 1 to 3 softgels three times per day, or as directed by a healthcare practitioner.

This material is of the highest quality obtainable and is free of all common allergens (antigens), and does not contain preservatives, diluents, or artificial additives.

Variations in product color may occur. Keep in a cool, dry place, tightly capped.



AllergyResearchGroup[®]

Flax Seed Oil



dietary supplement
HYPOALLERGENIC
100 softgels

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 33

Amount Per Serving	
Calories	30
Calories from Fat	30

	% Daily Value*	
Total Fat	3 g	5%

Flax Seed Oil	3000 mg	†
Alpha-Linolenic Acid (ω 3)	1650 mg	†
Linoleic Acid (ω 6)	510 mg	†
Oleic Acid (ω 9)	510 mg	†

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

Other ingredients: Gelatin, glycerin, water.

Lot # 012 Exp. 12/12

Formulated exclusively for
Allergy Research Group[®]
Alameda, CA 94502
www.allergyresearchgroup.com

Net 004