

swanson.com  
or call 1-800-437-4148

- Provides high concentration of the omega-3 alpha linolenic acid
  - Supports cardiovascular health
  - Promotes healthy skin
- Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one softgel three to four times per day with food and water.

**WARNING:** For adults only. Consult your physician before use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

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.



# Flaxseed Oil High Lignan

Heart and Brain Health

980 mg per softgel    MADE WITH ORGANIC FLAXSEED OIL

DIETARY SUPPLEMENT | 200 SOFTGELS

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving                                                                                     | % Daily Value |    |
|--------------------------------------------------------------------------------------------------------|---------------|----|
| Calories                                                                                               | 10            |    |
| Total Fat                                                                                              | 1 g           | 1% |
| Organic Flaxseed Oil (GMO free) 980 mg *                                                               |               |    |
| Typical Fatty Acid Profile:                                                                            |               |    |
| Omega-3—ALA (alpha-linolenic acid) 40–60%                                                              |               |    |
| Omega-6—Linoleic Acid 12–18%                                                                           |               |    |
| Omega-9—Oleic Acid 12–18%                                                                              |               |    |
| Lignan-Rich Fraction (GMO free) 20 mg (organic)                                                        |               | *  |
| Percent Daily Values are based on a 2,000 calorie diet.                                                |               |    |
| *Daily Value not established.                                                                          |               |    |
| Other ingredients: Gelatin, glycerin, purified water, carob color.                                     |               |    |
| Solvent free.                                                                                          |               |    |
| DISTRIBUTED BY SWANSON HEALTH PRODUCTS<br>Fargo, ND 58104 USA • 1-800-437-4148                         |               |    |
| Certified Organic by Minnesota Crop Improvement Association (MCIA), St. Paul, MN 55108. Rev 2 10 16 18 |               |    |

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