

Flaxseed Oil, derived from the flax plant, is a source of Omega-3, 6, and 9 fatty acids.

Directions: As a dietary supplement, adults take one (1) softgel with any meal, twice daily or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.



Flaxseed Oil

1000 mg

Omega 3-6-9



Heart Health Support*

DIETARY SUPPLEMENT



120 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%†
Polyunsaturated Fat	1 g	**
Flaxseed Oil	1,000 mg	**
Containing no less than:		
Alpha Linolenic Acid (Omega-3)	500 mg	**
Linoleic Acid (Omega-6)	123 mg	**
Oleic Acid (Omega-9)	126 mg	**

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

Other Ingredients: Gelatin, Glycerin, Purified Water.

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*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.

ACTUAL SIZE