DIRECTIONS: Adults - Take one (1) softgel daily, as a dietary supplement, preferably with a meal.

IMPORTANT: Store tightly closed in a dry place at controlled room temperature of 59°-86° F.

DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.
KEEP OUT OF REACH OF CHILDREN.

INDICACIONES: Adultos - Tomar una (1) cápsula blanda diaria, como un suplemento dietético, preferiblemente con una comida.

IMPORTANTE: Almacenar en un sitio seco a temperatura ambiente de 15°-30° C.

NO USAR SI EL SELLO DE SEGURIDAD ESTA ROTO O NO LO TIENE.
MANTENGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Manufactured for:
ALFA VITAMINS LABORATORIES, INC.
4731 NW 77th Ave., Miami, FL 33166 • USA
alfavitamins.com

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MADE IN USA

L-0145

ALFA VITAMINS

NATURAL

ALFA 369®

OMEGA 369

FLAX OIL

1000 MG

ORGANIC

100 Softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel Servings per Container: 60

	Amount per Serving	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1g	2%
Polyunsaturated Fat	0.5 g	
Organic Flaxseed Oil	1,000 mg	**
Which Typically Contains:		
Alpha-Linolenic Acid (Omega-3)	500 mg	**
Linoleic Acid (Omega-6)	123 mg	**
Oleic Acid (Omega-9)	140 mg	**
Other Fatty Acids and Phytonutrients	72 mg	**

* % Daily Values are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Gelatin, Glycerin, Caramel Color, Purified Water.

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.