

Since 1972



**Circulatory and Immune
System Support***

GUARANTEED PURE

Flax seed is a source of omega-3 essential fatty acid (EFA), alpha-linolenic acid, and contains linoleic acid (omega-6 EFA) in the correct proportions. This is important to know since the body cannot manufacture EFAs. North Americans are typically lacking omega-3 EFAs in their diet and Flax Seed Oil is the perfect supplement. Flax Seed Oil with Lignans provides immune system support in addition to circulatory benefits.*

RECOMMENDATION

Take one teaspoon three times daily.

**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.*

**SHAKE WELL BEFORE USING
KEEP REFRIGERATED**

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.

Product of Canada



FLAX SEED OIL

with Lignans

Cold Pressed Oil
from Flax Seeds

• **Lignan – Immune System Support***
• **Source of Vegetable
Omega 3, 6 & 9 Fatty Acids***

Liquid Dietary Supplement
8 FL. OZ. (236.5 ml)

Stock No. 3162

Distributed Exclusively by:
**NATURE'S SUNSHINE
PRODUCTS, INC.**
Spanish Fork, Utah 84660
1-800-223-8225
www.naturessunshine.com

Supplement Facts

Serving Size 1 Teaspoon (5 mL)
Servings Per Container 47

Amount Per Serving

Calories 40 Calories from Fat 40

%Daily Value

Total Fat 4.5 g 7% **

Polyunsaturated 3 g †

Monounsaturated 0.5 g †

Flax Seed Oil with Lignans
(*Linum usitatissimum*) 4.6 g†

Omega 3 (Alpha linolenic acid) 1858 mg†

Omega 6 (Linoleic acid) 485 mg†

Omega 9 (Oleic acid) 504 mg†

****Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.**
†Daily Value not established

Other Ingredients: Rosemary leaf extract (*Rosmarinus officinalis*), mixed tocopherols, ascorbyl palmitate (for freshness), citric acid.

Store in cool, dry place.

LOT:

FPT: