



# Organic Flax Seed Oil

Food/Dietary Supplement

Solvent Free

Naturally preserved with inert nitrogen gas

**Suggested Use:** Take one (1) tablespoon with food up to six times daily, or as directed by your health care practitioner.

Keep out of reach of children in a cool, dry place.

## Supplement Facts

Serving Size = One (1) tablespoon (14 g)    Servings Per Container = 63

| Amount Per Serving                                      | % Daily Value** |           |
|---------------------------------------------------------|-----------------|-----------|
| <b>Calories</b>                                         | <b>126</b>      | <b>6%</b> |
| Total Fat                                               | 14 g            | 22%       |
| Saturated Fat                                           | 2 g             | 10%       |
| Polyunsaturated Fat                                     | 10 g            | *         |
| Monounsaturated Fat                                     | 3 g             | *         |
| Organic Flax Seed Oil                                   | 15 ml           | *         |
| * Daily Value not established.                          |                 |           |
| ** Percent Daily Value is based on a 2000 calorie diet. |                 |           |

Other Ingredients: None

Natural product, may vary in taste and color. | Food supplements should not be used as a substitute for a varied diet.



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In case of adverse event: 855-885-2855