

USAGE: Take 1 softgel up to 3 times per day, preferably with meals or as directed by your qualified healthcare professional. Keep out of light and store in refrigerator or cool place.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Flaxseed Oil softgels provide the finest source of organic cold-pressed flaxseed oil. These softgels provide a rich source of the omega-3 fatty acid, alpha-linolenic acid (18:3n-3). The flaxseed oil is extracted from organically-grown flaxseeds by an expeller-press, **cold-extraction** method that safeguards the special long-chain fatty acids from excessive heat. Throughout the entire process, care is taken to avoid contact with air (via nitrogen flushing), light, and high temperatures.

Jarrow Formulas® Flaxseed Oil is made with organic, unrefined flaxseed oil and contains all the natural constituents found in fresh flaxseed oil.

Keep out of the reach of children.

Lot #. Best Used Before:

Jarrow
F O R M U L A S

Made With Organic Flaxseed Oil

Flaxseed Oil

Rich Source of
Alpha-Linolenic Acid

1000
MILLIGRAMS

100
SOFTGELS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel
Servings Per Container 100

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%†
Organic Flaxseed Oil	1,000 mg	††
(Yielding 550 mg Alpha-Linolenic Acid [Omega-3])		

† Percent Daily Values are based on a 2,000 calorie diet.

†† Daily Value not established.

Softgel consists of bovine gelatin, glycerin and purified water.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.



CERTIFIED ORGANIC
US-ORG-050

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
Los Angeles, CA 90035-4317
www.Jarrow.com
(866) 459-4154

Certified Organic by QAI.

© 2019 **Jarrow** FORMULAS®

06219XX PROD # 111004



FILL LINE