

swanson.com
or call 1-800-437-4148

- Provides high concentration of the omega-3 alpha linolenic acid
 - Supports cardiovascular health
 - Promotes healthy skin
- Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel three to four times per day with food and water.

WARNING: For adults only. Consult your physician before use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

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.



Flaxseed Oil High Lignan

Heart and Brain Health

980 mg MADE WITH ORGANIC FLAXSEED OIL

DIETARY SUPPLEMENT | 200 SOFTGELS

Supplement Facts

Serving Size 1 Softgel		
Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	1%
Organic Flaxseed Oil (GMO free) 980 mg *		
Typical Fatty Acid Profile:		
Omega-3—ALA (alpha-linolenic acid) 40–60%		
Omega-6—Linoleic Acid 12–18%		
Omega-9—Oleic Acid 12–18%		
Lignan-Rich Fraction (GMO free) 20 mg (organic) *		
Percent Daily Values are based on a 2,000 calorie diet.		
*Daily Value not established.		

Other ingredients: Gelatin, glycerin, purified water, carob color.

Solvent free.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA • 1-800-437-4148

Certified Organic by Minnesota Crop Improvement Association (MCIA), St. Paul, MN 55108. Rev 0 02 13 18

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