

1696-60  
Rev. 4



\*\*\*\*\*  
CERTIFIED

**MASON**  **natural**<sup>®</sup>  
EST. 1967

**WHOLE HERB**

# COCONUT OIL/FLAX SEED OMEGA 3-6-9

**MAY SUPPORT**

**GENERAL HEALTH  
& WELLNESS\***

**60 SOFTGELS • DIETARY SUPPLEMENT**

**DIRECTIONS:** Adults - Take one softgel, two to three times daily, preferably with food, as a dietary supplement.

## Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	< 2%
Monounsaturated Fat	120 mg	**
Polyunsaturated Fat	365 mg	**
Flax Seed Oil	500 mg	**
Coconut Oil	500 mg	**

which typically contains:

Caprylic Acid, Capric Acid, Lauric Acid, Myristic Acid, Palmitic Acid, Stearic Acid, Oleic Acid (Omega-9), Linoleic Acid (Omega-6), Alpha-Linolenic acid (Omega-3)

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, glycerin, purified water.

**\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

LOT/EXP. DATE

Contains naturally harvested herbal products.  
Color variation is possible.  
Essential Fatty Acids from a Vegetable Source.

**GUARANTEED NO ADDED:** Milk, Egg, Fish, Crustacean Shellfish, Peanuts, Wheat, and Soy.

**WARNING:** If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your physician before use. Discontinue use and consult your physician if any adverse reactions occur. Keep out of reach of children.

**TAMPER-EVIDENT SEAL:** Do not use product if seal appears tampered.



GLUTEN FREE



SOY FREE

Store in a dry place under controlled room temperature: 20° - 25°C (68° - 77°F).

Manufactured in the USA for:

**MASON VITAMINS, INC.** Miami Lakes, FL 33014  
1-888-860-5376 • [www.MasonVitamins.com](http://www.MasonVitamins.com)

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