

Solgar's High-Lignan Flaxseed Oil Softgels are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

Not for use by pregnant or nursing women. If you are taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children.

† Including Palmitic Acid and Stearic Acid.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free
1-877-SOLGAR 4

www.solgar.com



MADE WITH CERTIFIED ORGANIC

HIGH-LIGNAN FLAXSEED OIL

1250 mg

(COLD-PRESSED)

ESSENTIAL FATTY ACID SOURCE

DIETARY SUPPLEMENT

90 SOFTGELS

SUGAR, SALT AND STARCH FREE

CAREFULLY MANUFACTURED FOR:
SOLGAR VITAMIN AND HERB, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 45

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	20		Alpha-Linolenic Acid	1,250 mg	**
Calories from Fat	20		Linoleic Acid	275 mg	**
Total Fat	2 g	3%*	Oleic Acid	275 mg	**
Polyunsaturated Fat	1.5 g	**	Other Fatty Acids†	700 mg	**
Monounsaturated Fat	0.5 g	**			
Organic High-Lignan Flaxseed Oil	2,500 mg	**			
Which Typically Contains:			* Percent Daily Values (DV) are based on a 2,000 calorie diet.		
			**Daily Value (DV) not established.		

Other Ingredients: Gelatin, Vegetable Glycerin, Caramel (color).

SUGGESTED USE: As a dietary supplement for adults, take two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner.

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