

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.

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

180 SOFTGELS

SUGAR, SALT AND STARCH FREE

Supplement Facts		
Serving Size 2 Softgels		
Servings per Container 90		
Amount Per Serving	%DV	
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Polyunsaturated Fat	1.5 g	**
Monounsaturated Fat	0.5 g	**
Organic High-Lignan Flaxseed Oil	2,500 mg	**
Which Typically Contains:		
Alpha-Linolenic Acid	1,250 mg	**
Linoleic Acid	275 mg	**
Oleic Acid	275 mg	**
Other Fatty Acids†	700 mg	**
* 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.

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.

