

PRODUCT INFORMATION:

Three capsules typically provide:

Alpha Linolenic Acid (omega 3 EFA) 987mg

Linoleic acid (omega 6 EFA) 309mg

Oleic acid (omega 9 FA) 309mg

INGREDIENTS:

Cold-pressed, unrefined flax (Linum usitatissimum) seed oil, capsule: gelatine (bovine), glycerine.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, starch, sugar, wheat, yeast.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

This product is not tested on animals.



higher nature



FLAX SEED OIL PLANT SOURCE OMEGA 3

ULTIMATE NUTRITION

FOOD SUPPLEMENT

60
capsules

FLAX SEED OIL

✓ **High** in plant source omega 3.

✓ Cold pressed flax seed oil providing 50-55% omega 3.

✓ With omegas 6 and 9.

DIRECTIONS:

Take 1-3 capsules 3 times a day, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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OEFC-318-03

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