



Premium Herbal Formulas

1.800.446.2110  
www.florahealth.com

moist meadows; flowers in June.

# Flax-O-Mega®

Premium Cold-Pressed  
Flax Seed Oil • Omega-3 & -6  
Non-GMO • Gluten-Free

Dietary Supplement



90 VEGETARIAN  
SOFTGELS



The oil in Flax-O-Mega® softgels is cold-pressed and unrefined from the highest quality, certified organic flax seeds available. It is carefully extracted in a low-heat, light- and oxygen-free environment. Flax-O-Mega® provides omega-3 (1,100 mg) and omega-6 (300 mg) essential fatty acids (EFAs) per serving. These two EFAs are important for the maintenance of good health. Omega-3 EFA is involved with neurological development and growth.\* Flora tests every batch of flax seeds to make sure they're free of gluten.

### What are GreenCaps?

GreenCaps are new and innovative vegetarian softgels that replace animal-based gelatin caps.

\* 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.

glycerin, sorbitol, water, and caramel (color).

**CAUTION:** Manufactured in a facility that also processes mustard and wheat.

**DISTRIBUTED BY: FLORA, INC.**  
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**PRODUCT OF USA**  
61416C-R03

**SUGGESTED USE:** Take 2 softgels three times a day with meals. Store at room temperature. Keep out of reach of children. **Security sealed for your protection. Do not use if seal is missing or damaged.**

### Supplement Facts

Serving Size 2 softgels (1000 mg ea)  
Servings Per Container 45

Amount Per Serving	% Daily Value
Calories 20	
Total Fat 2 g	3%**
Polyunsaturated Fat 1.5 g	†
Linolenic acid (omega 3) 1,100 mg	†
Linoleic acid (omega 6) 300 mg	†
Oleic acid (omega 9) 300 mg	†

† Daily Value not established.

\*\*Percent Daily Value based on a 2,000 calorie diet.

**INGREDIENTS:** Flax seed oil in softgel of modified food starch, carrageenan (seaweed extract),



LOT:

BEST BEFORE: