

Linseed Oil (Flaxseed Oil) is one of the premium sources of Alpha-Linolenic Acid (Omega-3), an essential fatty acid that can't be made by the body and must be obtained from diet. The oil is derived from the seeds of the Flax plant (*Linum usitatissimum*), one of the most concentrated vegetarian plant sources of Omega-3 fatty acids found in nature. Omega-3 Alpha-Linolenic Acid from Flaxseed Oil helps to support cardiovascular, immune and skin health. This formulation offers premium, organic Flaxseed Oil, cold pressed without the use of chemical solvents.*

*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.

Carefully Manufactured for:
Solgar, Inc.

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SOLGB16103 02C



LINSEED OIL

1250 MG

FLAXSEED OIL

C O L D P R E S S E D
O M E G A 3 E F A

GLUTEN, WHEAT & DAIRY FREE

90 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Softgels

Servings Per Container: 45

Amount Per Serving	%DV
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Calories	30	
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Calories from Fat	25	
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Total Fat	2.5 g	4%**
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Polyunsaturated Fat	2 g	***
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Monounsaturated Fat	0.5 g	***
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Organic Linseed Oil providing:	2500 mg (2.5 g)	***
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Alpha-Linolenic Acid	1125 mg	***
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Linoleic-Acid	275 mg	***
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Oleic Acid	275 mg	***
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Palmitic Acid	75 mg	***
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Stearic Acid	50 mg	***
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Other Fatty Acids		***
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**Percent Daily Values (DV) are based on a 2,000 calorie diet

***Daily Value (DV) not established

Other Ingredients: Gelatin, Vegetable Glycerin.

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

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged. REFRIGERATE AFTER OPENING.

