

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
Made in the USA



GNC



Made with organic flax seed oil

Omega-3 fatty acids help support the cardiovascular system,
digestive health and joint health

This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

CODE 182701

HIG

Each softgel capsule supplies 1300 mg of cold-pressed, unrefined flax seed oil, which supplies essential fatty acids including alpha-linolenic and linoleic acids.

Directions: As a dietary supplement, take one softgel capsule up to three times daily.

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving	% Daily Value	
Calories	15	
Calories from Fat	15	
Total Fat (as Flax Seed Oil) (<i>Linum usitatissimum</i>)	1.5 g	2%†

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

Other Ingredients: Organic Flax Seed Oil (*Linum usitatissimum*), Gelatin, Glycerin, Caramel Color.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, No Gluten, No Corn, No Soy, No Dairy, Yeast Free.

Typical Flax Seed Oil Composition per Capsule:

alpha-Linolenic Acid (ALA)(Omega-3)	780 mg
Linoleic Acid (LA)(Omega-6)	156 mg
Oleic Acid (OA)(Omega-9)	143 mg
Flax Seed Particulate (containing Lignans)	26 mg
Other	195 mg
Total	1300 mg

KEEP OUT OF
REACH OF CHILDREN.

Store in a cool, dry place.

ACTUAL SIZE

Lot No./Best By:

0 48107 07863 8