

**NATURE'S WAY® FLAX OIL** is the highest quality oil—guaranteed to contain 52% Alpha-Linolenic Acid (ALA).

**QUALITY CONTROL FROM SOIL TO OIL**

Our involvement begins in the fields and continues through harvesting, seed selection, oil pressing, and purity testing.

**COLD-PRESSED, UNREFINED, AND HEXANE FREE**

No chemical solvents or starch.

**KEEP OUT OF REACH OF CHILDREN.** Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store in a cool, dry place.

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Green Bay, WI 54311 USA

**QUESTIONS?** 1-800-9NATURE / [naturesway.com](http://naturesway.com)

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PLEASE  
RECYCLE



# FLAX OIL

## MAX STRENGTH<sup>†</sup>



<sup>†</sup>Compared to 1,000 mg per softgel dosage

**COLD-PRESSED • UNREFINED • HEXANE FREE**

**2,600 MG PER SERVING**  
**52% ALPHA-LINOLENIC ACID (ALA)**

**200 SOFTGELS DIETARY SUPPLEMENT**

**RECOMMENDATION:** Adults take 2 softgels 2 to 3 times daily. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 2 Softgels / Servings per Container 100

| Amount per Serving                                   |        | % DV            |
|------------------------------------------------------|--------|-----------------|
| Calories                                             | 25     |                 |
| Total Fat                                            | 2.5 g  | 3% <sup>†</sup> |
| Saturated Fat                                        | 0 g    | 0% <sup>†</sup> |
| Trans Fat                                            | 0 g    | **              |
| Polyunsaturated Fat                                  | 2 g    | **              |
| Monounsaturated Fat                                  | 0 g    | **              |
| Cholesterol                                          | 0 mg   | 0%              |
| Protein                                              | <1 g   | 1% <sup>†</sup> |
| Organic Flax Oil (seed)                              | 2.6 g  | **              |
| Omega-3 Fatty Acids<br>as Alpha-Linolenic Acid (ALA) | 1.37 g | **              |
| Omega-9 Fatty Acids<br>as Oleic Acid (OA)            | 390 mg | **              |
| Omega-6 Fatty Acids<br>as Linoleic Acid (LA)         | 360 mg | **              |

<sup>†</sup>Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established.

**OTHER INGREDIENTS:** gelatin (softgel), glycerin, purified water, caramel and carob color