

USAGE: Take 1 softgel up to 3 times per day, preferably with meals or as directed by your qualified healthcare professional. Keep out of light and store in refrigerator or cool place.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Flaxseed Oil softgels provide the finest source of organic cold-pressed flaxseed oil. These softgels provide a rich source of the omega-3 fatty acid, alpha-linolenic acid (18:3n-3). The flaxseed oil is extracted from organically-grown flaxseeds by an expeller-press, **cold-extraction** method that safeguards the special long chain fatty acids from excessive heat. Throughout the entire process, care is taken to avoid contact with air (via nitrogen flushing), light, and high temperatures.

Jarrow Formulas® Flaxseed Oil is made with organic, unrefined flaxseed oil and contains all the natural constituents found in fresh flaxseed oil.

Keep out of the reach of children.

Lot #. Best Used Before:

Jarrow
F O R M U L A S

Made With Organic Flaxseed Oil

Flaxseed Oil

Rich Source of
Alpha-Linolenic Acid

1000
MILLIGRAMS

200
SOFTGELS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel
Servings Per Container 200

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%†
Organic Flaxseed Oil (Yielding 550 mg Alpha-Linolenic Acid [Omega-3])	1,000 mg	††

† Percent Daily Values are based on a 2,000 calorie diet.
†† Daily Value not established.

Softgel consists of bovine gelatin (BSE-free), glycerin and purified water.
No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.



Distributed Exclusively by:
Jarrow FORMULAS®
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Los Angeles, CA 90035-4317
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Certified Organic by QAI.

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01420SXX PROD # 111008

