

Suggested Usage: Take 1 softgel 1 to 3 times daily with food.

NOW® Hemp Seed Oil Softgels are a convenient way to get your essential fats. Hemp seed oil has a unique and impressive fatty acid profile that consists mainly of the omega-6 essential fatty acids, linoleic acid and gamma-linolenic acid (GLA), and the omega-3, alpha-linolenic acid. The omega-6 to omega-3 ratio of hemp oil is approximately 3:1, which is considered to be ideal.

Caution: For adults only. May cause mild temporary gastro-intestinal disturbances. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

SOFTGEL SIZE

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.



CODE 1799 V1



Hemp Seed Oil

1000 mg

Nutritional Oil

Essential Fatty Acids

120 Softgels
A Dietary Supplement

Nutritional Oils

Family owned since 1968.

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%*
Organic Hemp Seed Oil (<i>Cannabis sativa</i>) (Cold Pressed, Hexane Free)	1 g (1,000 mg)	†

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

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water] and d-alpha Tocopherol (from sunflower oil).

Quality Tested & Packaged by NOW FOODS
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Each serving may typically have the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats:

alpha-linolenic acid (omega-3) 21%; linoleic acid and gamma-linolenic acid (GLA) (omega-6) 57%; oleic acid (omega-9) 13%; other (saturated) 9%