

PRODUCT INFORMATION:

Three capsules typically provide:

Alpha linolenic acid (omega 3 EFA)	987mg
Linoleic acid (omega 6 EFA)	309mg
Oleic acid (omega 9 FA)	309mg

INGREDIENTS: Cold pressed, unrefined flax (*Linum usitatissimum*) seed oil, capsule: gelatine (bovine); glycerine.

FREE FROM: Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, starch, sugar, wheat, yeast.

HIGHER NATURE®

EVERYDAY ESSENTIALS

FLAX SEED OIL

Plant source
omega 3



180 capsules

FLAX SEED OIL FOOD SUPPLEMENT - 180 CAPSULES

- ✓ High in plant source omega 3
- ✓ Cold pressed flax seed oil providing 50-55% omega 3
- ✓ With omegas 6 and 9

DIRECTIONS: Take 1-3 capsules 3 times a day. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE: Store in a cool, dry place out of reach of children.



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OEFC-318-03

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This product has not been tested on animals.