

**SAFETY SEALED. DO NOT
USE IF PRINTED SEAL
UNDER CAP IS CUT,
TORN, OR MISSING.**

**SATISFACTION
GUARANTEED OR
YOUR MONEY BACK.**

WARNING: Before taking this product please consult your healthcare professional if you are pregnant, nursing or if you have any medical conditions or are taking any medicines.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



exchange
select



Natural FLAXSEED OIL

1000 mg

Standardized Herbal Extract

Herbal Supplement
Supports Heart Health*

100 Softgels

Laboratory tested to release nutrients within 45 minutes.

Supplement Facts

Serving Size 1 Softgel

Each Softgel Contains	% Daily Value
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Vitamin E 10 IU	33%
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†Flaxseed Oil 1000 mg	**
Alpha-Linolenic Acid 530 mg	**
Linoleic Acid 140 mg	**
Oleic Acid 190 mg	**

**Daily Value not established.

†Typical analysis of Polyunsaturated Fatty Acids in 1000 mg Flaxseed Oil.

INGREDIENTS: Flaxseed Oil, Gelatin (non-porcine), Purified Water USP, Glycerin, *d*-Alpha Tocopheryl Acetate. **Contains: Soy.**

Directions: Take one softgel two times daily with a full glass of water, preferably after a meal.

NO ARTIFICIAL COLORS OR FLAVORS
NO GLUTEN • NO SALT • NO YEAST • NO STARCH
NO SUGAR • NO LACTOSE • NO WHEAT
NO CHEMICAL SOLVENTS • NO TRANS FAT
NO PRESERVATIVES

Keep out of the reach of children.
Store at 15° - 30° C (59° - 86° F).
Flaxseed Oil 1000 mg is a premium source of Alpha-Linolenic Acid (Omega-3), Linoleic Acid (Omega-6), and Oleic Acid (Omega-9). These fatty acids are converted into important compounds that help provide support during the transition into menopause, promoting skin health, maintaining blood pressure levels already within the normal range, and healthy immune function.*

Manufactured for:
Your Military Exchanges By:
International Vitamin Corporation
Freehold, NJ 07728
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Questions or Comments:
1-866-927-5470

FRESHNESS AND POTENCY GUARANTEED THROUGHOUT

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