

**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.

exchange  
select



# Natural FLAXSEED OIL

1300 mg

Standardized Herbal Extract

Herbal Supplement  
Supports Heart Health\*

100 Softgels

\*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.

Laboratory tested to release nutrients within 45 minutes.

## Supplement Facts

Serving Size 1 Softgel

Each Softgel Contains	% Daily Value
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Calories 14	1% **
Calories from Fat 12	1% **
Total Fat 1.5 g	2% **
Saturated Fat <0.5 g	<1% **
Polyunsaturated Fat 1 g	1.5% **
Monounsaturated Fat <0.5 g	<1% **
Cholesterol 0 mg	0% **

Flaxseed Oil 1300 mg	*
Omega-3 ALA (Alpha-Linolenic Acid 65.0%) 845 mg	*
Omega-6 LA (Linoleic Acid 9%) 117 mg	*
Omega-9 OA (Oleic Acid 9%) 117 mg	*
Other Fatty Acids 65 mg	*
Palmitic Acid (3%) 39 mg	*
Stearic Acid (2%) 26 mg	*

\* Daily Value not established.

\*\* Percent Daily Value are based on 2,000 calorie diet.

**INGREDIENTS:** Cold-pressed Flaxseed Oil, Gelatin  
(non-porcine), Purified Water USP, Glycerin.

**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).

Our Maximum Strength Flaxseed Oil  
1300 mg provides a rich source of the  
Omega-3 Essential fatty acid ALA  
(Alpha Linolenic Acid) and a good  
source of the Omega-6 Essential Fatty  
Acid LA (Linoleic Acid). These  
polyunsaturated fats cannot be  
manufactured by your body and must  
be obtained through your diet.  
Flaxseed Oil is also a source of heart  
healthy monounsaturated Omega-9  
Oleic Acid.\*

Our Maximum Strength Flaxseed Oil  
1300 mg is a natural, cold-pressed  
flaxseed oil and is non-GMO.

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 THROUGH:

134632  
518288  
USA644910