

basic's

# ORGANIC FLAXSEED OIL

Provides  
**OMEGA**  
3,6,9

**1000 mg**

DIETARY SUPPLEMENT  
HIGH QUALITY BASICS

GLUTEN FREE

**100  
SOFTGELS**



KEEP OUT OF THE REACH OF CHILDREN.  
DO NOT USE IF INNER SEAL IS MISSING OR BROKEN.  
STORE IN COOL, DRY PLACE.



**DIRECTIONS:** For Adults, take one (1) softgel three times daily, preferably with a meal.

## Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving		% of Daily Value
Calories	10	
Total Fat	1 g	1%*
Polyunsaturated Fat	0.5 g	1
Organic Flaxseed Oil	1.0 g	1
Typically Contains:		
Alpha-Linolenic Acid (Omega-3)	500 mg	1
Linoleic Acid (Omega-6)	110 mg	1
Oleic Acid (Omega-9)	110 mg	1
Other Fatty Acids	50 mg	1

\*Percent Daily Values are based on a 2,000 caloric diet.  
(Daily Value not established)

Other Ingredients: Gelatin, vegetable glycerin, purified water and caramel.

CONTAINS NO: Artificial Flavor, or Sweetener, Preservatives, Sugar, Starch, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish, Sodium Free.

**WARNING:** If you are pregnant, nursing, taking any medications, or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

[www.basicvitamins.com](http://www.basicvitamins.com)

Product #125

Carefully manufactured for Basic Drugs, Inc.  
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