



NATURAL

HIGH LIGNAN

FLAX OIL 1000mg



OMEGA-3, 6 & 9
COLD PRESSED

DIETARY SUPPLEMENT

120 rapid release
softgels

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Polyunsaturated Fat	0.5 g	**
Organic High Lignan Flaxseed Oil	1,000 mg (1 g)	**
which typically contains:		
Alpha-Linolenic Acid	500 mg	**
Linoleic Acid	110 mg	**
Oleic Acid	110 mg	**
Other Fatty Acids, Lignans	50 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Natural Carmel Color.

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

DIRECTIONS: For adults, take one (1) softgel two to three times daily, preferably with a meal.

Puritan's Pride Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

The Flaxseed Oil in this product is 100% SOUVENIR FREE.

TO REORDER ITEM # 10103

www.puritan.com

1-800-645-1030

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