

DIRECTIONS: For adults, take 1 to 3 softgels daily with a meal.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs). Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C). **KEEP OUT OF REACH OF CHILDREN.** Other ingredients: Gelatin, vegetable glycerin, natural caramel color.

Our Flax Oil is cold pressed, certified organic. Flax is one of the premium sources of Alpha-Linolenic Acid (Omega 3) and Linoleic Acid (Omega 6), two essential fatty acids that can't be made by the body and must be obtained from the diet. Fatty acids play a role in providing an energy source for the body. Flax oil is a source of lignans-phytochemicals which play a part in the well-being of the body.

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.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

CAUTION: If you are pregnant or nursing do not take this product.

Mfg. for: **Foster Regal Laboratories®**

115 S.C.T. Ct., White House, TN 37188

Made in USA

FOSTER REGAL®

The Best Choice.®

HIGH LIGNAN FLAXSEED OIL 1000 mg

CERTIFIED ORGANIC

**Cold Pressed Hexane Free
Rich in Omega-3 Fatty Acids**

Gluten Free Dietary Supplement

90 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% DV
Calories	10
Calories from Fat	10
Total Fat	1 g2%**
Polyunsaturated Fat	0.5 g

Organic High Lignan Flaxseed Oil 1000 mg ***

Approximate fatty acid content:

Alpha-Linolenic Acid (Omega-3)	500 mg ***
Linoleic Acid (Omega-6).....	110 mg ***
Oleic Acid (Omega-9).....	110 mg ***
Palmitic Acid, Stearic Acid.....	50 mg ***

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

*** Daily Value not established.