

Typical Fatty Acid composition:

Alpha-Linolenic Acid (ALA)	440 mg
Linoleic Acid (LA)	120 mg
Oleic Acid	142 mg

**SUGGESTED USE:** Take one softgel up to six times daily.

**Essential Fatty Acids from Organic Flax Seeds**

Flaxseed oil is nature's richest vegetarian source of the essential fatty acids, ALA (omega-3) and LA (omega-6). These fatty acids produce prostaglandins that help maintain healthy skin, joints and cell membrane structure as well as promote cardiovascular and nervous system health.<sup>1</sup>

Our **Flaxseed Oil** is made from organic flax seeds and is cold pressed, unbleached and free of hexane. These organic flax seeds do not contain conventional pesticides, synthetic fertilizers, or genetically engineered components.

**CONTAINS NO** artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

<sup>1</sup> SGS verified the process for manufacturing this product with no GMO ingredients. [www.sgs.com/no-gmo](http://www.sgs.com/no-gmo)

Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity  
To report a serious adverse event, call 1-888-710-0006

↑ 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.



**Woodstock**  
— VITAMINS —

COLD-PRESSED AND HEXANE-FREE

**Flaxseed Oil**  
**1,000 mg**

MADE WITH ORGANIC FLAXSEEDS



**DIETARY SUPPLEMENT**

**90 Softgels**

**Supplement Facts**

Serving Size 1 Softgel  
Servings Per Container 90

Amount Per Serving	% Daily Value	
Total Calories	10	
Total Fat	1 g	1%*
Organic Flaxseed Oil	1,000 mg	**

\* Percent Daily Values based on a 2,000 calorie diet.  
\*\* Daily value not established.

Other Ingredients: Capsule (gelatin), glycerin, purified water.

Distributed by: Village Vitality LLC  
Woodstock, NY 12498  
[woodstockvitamins.com](http://woodstockvitamins.com)



This product is certified organic by Quality Assurance International (QAI).

KEEP OUT OF REACH OF CHILDREN.

VVL 131-90T

