

swanson.com
or call 1-800-437-4148

- Provides high concentration of omega-3 alpha linolenic acid
- May support cardiovascular health
- Promotes healthy skin

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel two to three times per day with water.
Solvent free.

WARNING: For adults only. Consult your healthcare provider before use if you are pregnant or nursing, taking medication, or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

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.



Flaxseed Oil

Cardiovascular Health

1 gram per softgel **MADE WITH ORGANIC FLAXSEED OIL**

DIETARY SUPPLEMENT | 200 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%
Organic Flaxseed Oil	1 g	*
<i>(Linus usitatissimum)</i> (GMO free)		
Containing:		
Omega-3—ALA (alpha-linolenic acid)	50–65%	
Omega-6—Linoleic Acid	11–24%	
Omega-9—Oleic Acid	11–24%	

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.
DISTRIBUTED BY SWANSON HEALTH PRODUCTS
 Fargo, ND 58104 USA • 1-800-437-4148

Certified Organic by Minnesota Crop Improvement Association (MCIA), St. Paul, MN 55108.

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