

Suggested Use: Take 1 softgel daily or as recommended by a Healthcare Practitioner.

Formulated Without: GMOs or Soy.

Warning: Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

Sealed for your protection, do not use if seal is missing or broken. Store in a cool dry place.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



LAKE AVENUE™
NUTRITION

Organic Cold Pressed Flaxseed Oil & Lignan

A Plant-Based Source of Omega
3, 6 & 9 and Hexane Free

Supports Heart Health*

**Dietary
Supplement**

120 Veggie Softgels



Supplement Facts

Serving Size 1 Softgel
Servings Per Container 120

	Amount Per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%**
Polyunsaturated Fat	0.5 g	†
Sodium	5 mg	<1%
Proprietary Blend of Organic Flaxseed Oil (<i>Linum usitatissimum</i> L.) and Organic Lignan (GMO-Free)	1.0 g	†
Organic Flaxseed Oil Typically Contains:		
Alpha-Linolenic Acid	500 mg	†
Linoleic Acid	110 mg	†
Oleic Acid	110 mg	†
Other Fatty Acids	50 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

Other Ingredients: Vegetarian Capsule (Modified Food Starch, Carrageenan, Glycerin, Sorbitol, Purified Water and Caramel) and Flaxseed Particulates.

Not manufactured with milk, egg, fish, shellfish, tree nuts, peanuts, wheat, or soy. Produced in a third-party cGMP facility that may process other products that contain these allergens or ingredients.

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