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

Formulated Without: GMOs or Sov.

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.



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

Other Fatty Acids

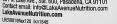
| | Amount Per Serving | %Daily Value |
|---|-------------------------|-----------------|
| Calories | 10 | |
| Total Fat | 1 g | 1%* |
| Polyunsaturated Fat | 0.5 g | † |
| Sodium | 5 mg | <1% |
| Proprietary Blend of Organic Flaxseed Oil (Linum usi and Organic Lignan (GMO-Free | 1.0 g tatissimum L.) | † |
| Organic Flaxseed Oil Typically Co | ntains: | |
| Alpha-Linolenic Acid | 500 mg | † |
| Linoleic Acid | 110 mg | † |
| Oleic Acid | 110 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.

Manufactured for: Lake Avenue Nutrition™ 301 N. Lake Ave., Ste. 600, Pasadena, CA 91101





50 mg