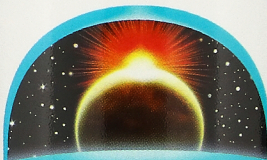


SOURCE NATURALS®



DIETARY SUPPLEMENT

PERILLA OIL

**SOURCE OF PLANT-BASED
OMEGA-3 FATTY ACIDS**

1,000 MG • 90 SOFTGELS

Supplement Facts

Serving Size 3 Softgels

Servings Per Container 30

	Amount Per Serving	%DV
Calories	30	
Total Fat	3 g	4%*
Perilla Seed Oil	3 g	†
Yielding:		
alpha-Linolenic Acid (<i>omega</i> -3)	1.32 g	†
Linoleic Acid (<i>omega</i> -6)	360 mg	†
Oleic Acid (<i>omega</i> -9)	312 mg	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: gelatin, glycerin, and purified water.

Suggested Use: 3 softgels twice daily with food.

Perilla oil, extracted from the plant *Perilla frutescens*, is a source of *alpha*-linolenic acid (ALA). ALA is a precursor to the *omega*-3 fatty acids EPA and DHA. ALA is similar to fish oil in its benefits, but without any unpleasant aftertaste. ALA may support the health of many organs and body systems, including the cardiovascular system, immune system, skin, brain, and joints. Population and animal studies suggest an association between high dietary intake of ALA and breast and colon health.*

NOTE: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product. People taking anticoagulant or antiplatelet-aggregating prescription medications should consult a health care practitioner prior to taking this product. Not for topical use.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, preservatives, or artificial color, flavor or fragrance.

***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.**

SN1864 REV B201

FG-104976 BEST IF USED BY 7 22

Manufactured for:
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