



Premium Herbal Formulas

# Flax-O-Mega®

Premium Cold-Pressed  
Flax Seed Oil • Omega 3 & 6  
Non-GMO • Gluten-Free

Dietary Supplement

VEGETARIAN  
180 SOFTGELS



1.800.446.2110  
www.florahealth.com



The oil in Flax-O-Mega® softgels is cold-pressed and unrefined from the highest quality, certified organic flax seeds available. It is carefully extracted in a low-heat, light- and oxygen-free environment. Flax-O-Mega® provides omega-3 (1,100 mg) and omega-6 (300 mg) essential fatty acids (EFAs) per serving. These two EFAs are important for the maintenance of good health. Omega-3 EFA is involved with neurological development and growth.\* Flora tests every batch of flax seeds to make sure they're free of gluten.

### What are GreenCaps?

GreenCaps are new and innovative vegetarian softgels that replace animal-based gelatin caps.

\* 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.

### Supplement Facts

Serving Size 2 softgels (1000 mg ea)  
Servings Per Container 90

Amount Per Serving	% Daily Value
Calories 20	
Total Fat 2g	3%**
Polyunsaturated Fat 1.5g	†
Linolenic acid (omega-3) 1,100 mg	†
Linoleic acid (omega-6) 300 mg	†
Oleic acid (omega-9) 300 mg	†

† Daily Value not established.

\*\*Percent Daily Value based on a 2,000 calorie diet.

**INGREDIENTS:** Flax seed oil in a softgel of modified food starch, carrageenan (seaweed extract), glycerin, sorbitol, water and caramel (color).

**CAUTION:** Manufactured in a facility that also processes mustard and wheat.

**DISTRIBUTED BY:** FLORA INC.,  
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PRODUCT OF USA 61418C-R04

**SUGGESTED USE:** Take 2 capsules three times a day with meals. Store at room temperature. Keep out of reach of children. Security sealed for your protection. Do not use if seal is missing or damaged.

L01: F530682A  
BEST BEFORE: