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NATURE'S  
SUNSHINE™

**Recommended Use:** Take 1 teaspoon  
three times daily.

Flax seed is a vegetable source of omega-3 essential fatty acid (EFA), alpha-linolenic acid, and linoleic acid (omega-6 EFA), all in the correct proportions. This is important since the body cannot manufacture EFAs. North Americans typically lack omega-3 EFAs in their diet, and Flax Seed Oil is a great source of these essential nutrients. Flax Seed Oil with Lignans provides immune system support in addition to circulatory benefits.\*

We source the world's purest ingredients, no matter where they are grown, to ensure the active nutrients are delivered just as nature intended.

Shake well before using. Keep Refrigerated.

\*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.



Do not use if inner seal is missing or damaged.  
Product of Canada

# Flax Seed Oil

with Lignans



**CIRCULATORY AND  
IMMUNE SYSTEM SUPPORT\***

*Source of Vegetable  
Omega 3, 6 and 9  
Fatty Acids*

## Supplement Facts

Serving Size 1 Teaspoon (5 mL)  
Servings Per Container 47

| Amount Per Serving                                           | %Daily Value |
|--------------------------------------------------------------|--------------|
| Calories 40                                                  |              |
| Total Fat 4.5 g                                              | 6%*          |
| Polyunsaturated 3 g                                          | ↑            |
| Monounsaturated 0.5 g                                        | ↑            |
| Flax Seed Oil with Lignans<br>( <i>Linum usitatissimum</i> ) | 4.6 g†       |
| Omega 3<br>(Alpha linolenic acid)                            | 1858 mg†     |
| Omega 6 (Linoleic acid)                                      | 485 mg†      |
| Omega 9 (Oleic acid)                                         | 504 mg†      |

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

Other Ingredients: Rosemary leaf extract (*Rosmarinus officinalis*), mixed tocopherols, ascorbyl palmitate (for freshness), citric acid.

Dietary Supplement  
**8 FL OZ (236.5 mL)**



LOT:

Best By:

Stock#  
3162  
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