



Actual Color and Size

Softgel Contains
Cold-Pressed and Hexane-Free

Flax Oil 1,000 mg Organic

Dietary Supplement

SUGGESTED USE: Take one (1) to three (3) softgel capsules daily with food or as directed by your health care practitioner.

Supplement Facts

Serving Size = one (1) softgel Servings per Container = Varied

Amount Per Serving	% Daily Value
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Total Calories	10
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Calories from Fat	10
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Total Fat	1 g	1%*
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Polyunsaturated Fat	0.6 g
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Flaxseed Oil	1,000 mg	**
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Typical fatty acid composition:

Alpha-Linolenic Acid (ALA)	550 mg	**
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Linoleic Acid (LA)	150 mg	**
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Oleic Acid	200 mg	**
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* Daily Value not established.

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

Other Ingredients: Capsule (gelatin), glycerin.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

†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.

