

Herbal Secrets™ Flaxseed Oil is cold pressed from the seeds of the plant *Linum usitatissimum*. Flaxseed Oil is beneficial because it is rich in Omega-3 polyunsaturated fatty acids (ALA). Lignans (plant estrogen) and Fiber.* Flaxseed Oil supports immune and joint health.* It may help reduce pain caused by inflammation.* Flaxseed Oil may be used as a laxative to support digestive health, relieve constipation and support healthy weight management.*

SUGGESTED USE: As a dietary supplement, adults take one (1) to two (2) tablespoons daily. Can be taken straight or mixed into salad dressings, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality.

CAUTION: If you are pregnant, nursing, taking any medication(s) or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

* 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.



**HERBAL
SECRETS™**

NATURAL DIETARY SUPPLEMENT

Pure, Unrefined & Organic

Flaxseed Oil

Rich Source of Omega-3, Lignans & Fiber

- 100% Pure & High Potency*
- Supports Immune & Digestive Health*
- Promotes Joint Health*
- Supports Healthy Weight Management*



16 fl oz
(473 ml)

Supplement Facts

Serving Size: 1 Tsp (15 ml)

Serving Per Container: 32

Amount Per Serving		
Calories	120	Calories from Fat 110
		% Daily Value*
Total Fat	13 g	20%
Saturated Fat	1 g	5%
Polysaturated Fat	9 g	—
Monosaturated Fat	2.5 g	—
Omega-3 Polysaturated Fat (as Alpha Linolenic Acid [ALA])	7,230 mg	—
Omega-6 Polysaturated Fat (as Linolenic Acid [LA])	1,800 mg	—
Omega-9 Monosaturated Fat (as Oleic Acid [OA])	2,100 mg	—

* Percent Daily Values are based on a 2,000 calorie diet.
— % Daily Values not established.

INGREDIENTS: Organic Flaxseed Oil.

CONTAINS NO: Artificial Color, Flavor or Sweetener, Preservatives, Sugar, Starch, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish or Sodium.

STORAGE GUIDANCE: Keep stored in the original container and refrigerate after opening.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.



Manufactured for & Distributed by:
HERBAL SECRETS™

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Certified Organic by BayState Organic Certified