

# Flaxseed Oil 1,000mg

Cold Pressed & Hexane Free

Made using only 100% Organic Flax seeds



Food Supplement 90 easy to swallow Vegan Softgels

# SUITABLE FOR VEGETARIANS & VEGANS

### DIRECTIONS:

Adults take 1-4 softgels daily, ideally with food and water. Do not exceed recommended daily dose.

#### PRODUCT INFORMATION:

1 vegan softgel typically provide:

Organic Flaxseed Oil	1000mg
providing	containing
Alpha Linolenic Acid , Omega 3	500mg
Linoleic Acid , Omega 6	123mg
Oleic Acid , Omega 9	140mg

## INGREDIENTS:

Organic Flaxseed Oil, Soft Gel Capsule Shell (Carrageenan, Modified Starch, Glycerine).

## ALLERGY ADVICE:

Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

#### CAUTIONS:

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle.

Store in a cool dry place, out of reach of children.

## BEST BEFORE:

For best before end and batch number see base.

Manufactured in the UK to GMP order of practice and 150 9001-2000 quality assurance certification file: Countercorn L.1d., 3100 Horrow Road , Middlesex, HA.9 GLL

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