

DIRECTIONS: For adults, take one (1) softgel two to three times daily, preferably with meals.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

The Flaxseed Oil in this product is SOLVENT FREE.

TO REORDER ITEM # 10102
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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B10100 12F



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Puritan's Pride

NATURAL

HIGH LIGNAN FLAX OIL 1000mg



OMEGA-3, 6 & 9
COLD PRESSED

DIETARY SUPPLEMENT

120 rapid release
softgels

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	10	
Total Fat	1 g	1%*
Polyunsaturated Fat	0.5 g	**
Organic Flaxseed Oil	1,000 mg (1 g)	**
which typically contains:		
Alpha-Linolenic Acid	500 mg	**
Linoleic Acid	110 mg	**
Oleic Acid	110 mg	**
Other Fatty Acids	50 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Natural Caramel Color.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch,
No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.
Sodium Free.