



NATURAL

ORGANIC

FLAXSEED OIL



OMEGA-3, 6, &amp; 9

Cold Pressed

Vegetarian

Pure &amp; Unrefined



TO REORDER ITEM # 6420

**DIRECTIONS:** SHAKE WELL. For adults, take one (1) tablespoon (15 mL) daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container about 31

Amount Per Serving		% Daily Value
Calories	120	
Total Fat	14 g	10%*
Saturated Fat	1.9 g	4%*
Polyunsaturated Fat	10 g	**
Monounsaturated Fat	3 g	**

Organic Flaxseed Oil 13,950 mg (13.95 g) \*\*

which typically contains:

Alpha-Linolenic Acid	6,975 mg	**
Linoleic Acid	1,987 mg	**
Oleic Acid	1,984 mg	**
Other Fatty Acids		

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

\*\*Daily Value not established.

Ingredient: Organic Flaxseed Oil.

No Artificial Color, 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.

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:** If you are pregnant, nursing, 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 unopened container at room temperature. Refrigerate after opening. Do not use if outer seal is broken or missing.

SOLVENT FREE

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www.puritan.com

1-800-645-1030

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