

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 at room temperature. Do not use if seal under cap is broken or missing.



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER ITEM # 17015
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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B17015 04C



WWW.PURITAN.COM

Puritan's Pride

— COLD PRESSED —
CHIA OIL 1000mg



OMEGA 3-6-9

For Heart and Metabolic Health*
With Essential Fatty Acids
NATURE'S PERFECT OIL

DIETARY SUPPLEMENT

60 Rapid Release
Softgels

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

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1% **
Polyunsaturated Fat	1 g	***
Chia Oil (<i>Salvia hispanica</i>) (seed)	1,000 mg (1 g)	***
which typically contains:		
Alpha Linolenic Acid (Omega-3)	600 mg	***
Linoleic Acid (Omega-6)	150 mg	***
Oleic Acid (Omega-9)	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.