



FLAXSEED & COD LIVER OIL



OMEGA-3, 6 & 9

A Good Source of
Vitamins A&D

TO REORDER ITEM # 4815

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	10	
Total Fat	1 g	1%
Cholesterol	<5 mg	<1%
Vitamin A (as Retinyl Palmitate)	375 mcg	40%
Vitamin D (as D3 Cholecalciferol)	3.12 mcg (125 IU)	15%
Flaxseed & Cod Liver Oil	1,000 mg (1 g)	--
Which typically contains:		
Omega-3		
Eicosapentaenoic Acid (EPA)†	35 mg	--
Docosahexaenoic Acid (DHA)†	50 mg	--
Alpha Linolenic Acid (ALA)	250 mg	--
Omega-6		
Linoleic Acid	60 mg	--
Omega-9		
Oleic Acid	71 mg	--

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

†Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin. Contains <2% of: Mixed Tocopherols, Natural Caramel Color. Contains fish (cod) ingredients. †As Natural Triglycerides

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure 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 100% SOLVENT FREE.

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

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www.puritan.com

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