

USAGE: Take 1 softgel up to 3 times per day, preferably with meals or as directed by your qualified healthcare professional. Keep out of light and store in refrigerator or cool place.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Organic Flaxseed Oil softgels are the finest source of cold-pressed flaxseed oil. These softgels offer the richest source of the essential omega-3 fatty acid, alpha-linolenic acid (18:3n-3). The flaxseed oil is extracted from organically grown flaxseeds by an expeller-press, **cold-extraction** method that safeguards the special long chain fatty acids from excessive heat. The oil is also protected from light and oxygen during both extraction and encapsulation.

Jarrow Formulas® Organic Flaxseed Oil is unrefined and contains all the natural constituents found in fresh flaxseed oil.

Keep out of the reach of children.

Jarrow
F O R M U L A S

Made With Organic Flaxseed Oil

Flaxseed Oil

**Richest Source of the
Essential Omega-3**

1000
MILLIGRAMS

200
SOFTGELS

**DIETARY
SUPPLEMENT**



Supplement Facts

Serving Size 1 Softgel

Servings Per Container 200

	Amount Per Serving	% DV
Organic Flaxseed Oil (yielding 525 mg Alpha-Linolenic Acid [Omega-3])	1000 mg	*

* Daily Value not established.

Softgel consists of gelatin, glycerin and water.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
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PRODUCT OF CANADA

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PROD # 111008



Lot #. Best Used Before:

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