

Each softgel capsule supplies 1,300 mg of cold-pressed, unrefined flax seed oil, which supplies essential fatty acids including alpha-linolenic and linoleic acids.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

**For More Information:
1-888-462-2548
GNC.com**

GNC
SUPERFOODS

FLAX SEED OIL 1300 MG

.....
MADE WITH A BLEND OF OMEGAS
.....

- *Omega-3 fatty acids help support the cardiovascular system and joint health**



**DIETARY SUPPLEMENT
180 SOFTGEL CAPSULES
180-DAY SUPPLY**

CODE 182702

GWG

DIRECTIONS: As dietary supplement, take one softgel capsule daily.

Supplement Facts		
Serving Size One Softgel Capsule		
Amount Per Serving	% Daily Value	
Calories	15	
Total Fat	1.5 g	2%†
Flax Seed Oil (<i>Linum usitatissimum</i>)	1300 mg	*
Alpha Linolenic Acid (Omega-3 Fatty Acid)	600 mg	*
Linoleic Acid (Omega-6 Fatty Acid)	120 mg	*
Oleic Acid (Omega-9 Fatty Acid)	110 mg	*
Flax Seed Particulate (containing Lignans)	26 mg	*
† Percent Daily Values are based on a 2,000 calorie diet.		
* Daily Value not established.		

INGREDIENTS: Organic Flax Seed Oil, Gelatin, Glycerin, Purified Water, Caramel Color.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication or have a medical condition. Discontinue use two weeks prior to surgery.

No Starch, No Artificial Flavors, No Preservatives, Gluten Free, No Milk.

*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.



Lot No./Best By: