

## NATURE'S BEST KEPT SECRET!

At **HERBAL SECRETS**, we are committed to bringing you the gift of herbal supplements in their purest form, just as Mother Nature intended.

**SUGGESTED USE:** As a dietary supplement, adults take one (1) to two (2) tablespoons daily. It can be taken straight or mixed into salad dressings, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality.

**CAUTION:** If you are pregnant, nursing, taking any medication, 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. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**

**CONTAINS NO:** Preservatives, Artificial Colors, Flavors or Sweeteners, Sugar, Starch, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish, or Sodium.

**STORAGE GUIDANCE:** Keep stored in the original container and refrigerate after opening.

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



100%  
NATURAL  
MADE IN  
THE USA

# HERBAL<sup>®</sup> SECRETS

NATURAL DIETARY SUPPLEMENT

Pure, Unrefined & Organic

# Flaxseed Oil

Rich Source of Omega-3, Lignans & Fiber



16 FL OZ (473 ML)  
32 SERVINGS

## Supplement Facts

32 servings per container

Serving size

1 tbps (15mL)

Amount per serving

**Calories**

120

% Daily Value\*

Total Fat 13g 20%  
Saturated Fat 1g 5%  
Polyunsaturated Fat 9g  
Monounsaturated Fat 2.5g

**Omega-3 Polysaturated Fat** 7,230 mg \*\*  
(as Alpha Linolenic Acid [ALA])

**Omega-6 Polysaturated Fat** 1,800 mg \*\*  
(as Linolenic Acid [LA])

**Omega-9 Monosaturated Fat** 2,100 mg \*\*  
(as Oleic Acid [OA])

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENT: Organic Flaxseed Oil.



Manufactured for & Distributed by:  
**HERBAL SECRETS**  
An FDA Regulated Facility  
South Hackensack, NJ 07606