

**Suggested Usage:** Take 3 softgels 1 to 2 times daily with food.

Flax oil is a natural reservoir for the omega-3 fatty acid alpha-linolenic acid (ALA). ALA is considered an essential fatty acid because the body cannot make it from other fats and must obtain it from the diet. Flax oil has been shown to support cardiovascular health and to promote the maintenance of healthy skin.\*

This flax seed oil has been specially pressed to be as close to the original oil in the seed as possible. Extreme care has been taken in bringing this product to market in softgel form, which seals in the oil and protects it from oxidation and contamination.

**\*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.**

**Caution:** For adults only. Flax oil is generally well tolerated, but may be associated with mild temporary gastro-intestinal disturbances. Consult physician if pregnant/nursing, taking medication, or have a medical condition, including allergy to flax seed. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

*This bottle is made from 100% PCR (post-consumer recycled) resin.*

CODE 1770B V11



SOFTGEL SIZE



# Flax Oil

## 1000 mg

**Cardiovascular Support\***

- With Essential Omega-3s
- Promotes Healthy Skin\*

**100 Softgels**  
A Dietary Supplement



## Nutritional Oils

Family owned since 1968.

### Supplement Facts

Serving Size 3 Softgels Servings Per Container 33

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	3 g	4%**
Saturated Fat	< 0.5 g	2%**
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†
Organic Flax Seed Oil ( <i>Linum usitatissimum</i> ) (Cold Pressed, Unrefined)	3 g (3,000 mg)	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, caramel color].

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Each serving may also have the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats: Linolenic Acid (Omega-3) 55%; Linoleic Acid (Omega-6) 14%; Oleic Acid (Omega-9) 19%; Other (Saturated) 12%.

