

Directions: As a dietary supplement, take one softgel daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

Bluebonnet's Flax Seed Oil 1000 mg Softgels are formulated with certified organically grown flax seed, a known source of omega-3, omega-6, and omega-9 fatty acids that help support cardiovascular health and the maintenance of healthy skin. Cold pressed without the use of chemical solvents.*



Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten, barley, rice, sodium and sugar.

Made in USA from domestic and imported ingredients.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

* 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.



Organically grown

Bluebonnet



Flax Seed Oil 1000 mg

Heart & Skin Health ♦



Dietary Supplement **250** Softgels

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 250

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	0.5 g	*
Organic Flax Seed Oil	1000 mg	*
Omega-3 (alpha-linolenic acid)	550 mg	*
Omega-9 (oleic acid)	180 mg	*
Omega-6 (linoleic acid)	160 mg	*

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

Other ingredients: Gelatin (bovine), glycerin, purified water.

Manufactured for
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