

Suggested Use: Take 1 softgel daily with food, or as recommended by a qualified healthcare professional.

Formulated Without: Gluten, GMOs or Soy

Warnings: Keep out of reach of children. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place. Protect from heat, light, and moisture.

*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.

Cold Pressed Flaxseed Oil with Lignans

Omega 3-6-9 • Hexane-Free

Supports Heart Health*



LAKE AVENUE®
NUTRITION

Dietary Supplement 120 Veggie Softgels



Supplement Facts

Serving Size 1 Softgel

Servings Per Container 120

	Amount Per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%**
Sodium	5 mg	<1%
Proprietary Flax Blend	1 g	†
Organic Flaxseed Oil (<i>Linum usitatissimum</i>) with Organic Lignans (from Flaxseed Hulls)		
Omega-3 (Alpha-Linolenic Acid)	500 mg	†
Omega-6 (Linoleic Acid)	110 mg	†
Omega-9 (Oleic Acid)	110 mg	†

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

Other Ingredients: Veggie Softgel (Modified Vegetable Starch, Carrageenan, Vegetable Glycerin, Purified Water and Caramel [for Color]).

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

Lake Avenue Nutrition® is a registered trademark of Madre Labs, LLC

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