



SOY FREE



GLUTEN FREE

**Suggested Use:** Adults take 1 softgel two to three times daily with meals, or as recommended by your healthcare provider. <sup>o</sup>

**CAUTION:** As with any dietary supplement, you should consult your healthcare provider before use, especially if pregnant, nursing, have a medical condition, taking medications, or have known adverse reactions or allergies.

<sup>†</sup> Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

## ORGANIC COLD-PRESSED FLAXSEED OIL

A natural source of alpha-linolenic acid (ALA), NatureWise Flaxseed Oil supports cardiovascular and immune health, and promotes healthy skin, hair, and nails. Our flaxseed oil is certified organic and cold pressed to protect and preserve the nutritional benefits of flax seeds.\*

To learn more about NatureWise Flaxseed Oil and our other great products, please visit us at [naturewise.com](http://naturewise.com).

\* 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.

# naturewise®

## FLAXSEED OIL

Made with Organic Cold-Pressed Flaxseed Oil



**Omega-3 for Heart Health<sup>†</sup>**

**Supports Immune System\***

**Promotes Healthy Skin, Hair, and Nails\***

**720 mg of ALA**



240 SOFTGELS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 240

Amount Per Serving	% Daily Value
Calories 15	
Total Fat 1g	1%**
Polyunsaturated Fat 1g	††
Organic Flaxseed Oil 1366 mg ( <i>Linum usitatissimum</i> )	††
Alpha-Linolenic Acid (Omega-3) 720 mg	††
Oleic Acid (Omega-9) 140 mg	††
Linoleic Acid (Omega-6) 120 mg	††

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

**Other Ingredients:** Softgel capsule (gelatin, organic glycerin, purified water).

**This Product Does Not Contain:** Wheat, gluten, dairy, soy, eggs, tree nuts, peanuts, fish, or shellfish.

[naturewise.com](http://naturewise.com)



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Certified Organic by CCOF

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KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.  
<sup>o</sup> NatureWise Flaxseed Oil should always be taken in conjunction with a healthy diet and regular exercise program.

