



flax seed oil

certified organic

1000mg

specialty
120 softgels
dietary supplement

cardiovascular[▼]
essential
fatty acids[▼]

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% [†]
Flax Seed Oil	1000 mg	*
providing:		
Alpha-Linolenic Acid (Omega 3)	550 mg	
Linoleic Acid (Omega 6)	150 mg	
Oleic Acid (Omega 9)	186 mg	

[†] Percent Daily Value is based on a 2000 calorie diet.

* Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, carob, titanium dioxide.

Does not contain: Yeast, Corn, Wheat, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

▼ 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.

DIRECTIONS: As a dietary supplement, take one (1) to three (3) softgels three times daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Each softgel contains 100% Certified Organic, unrefined, pesticide free, cold pressed Flax Seed Oil.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

Distributed by:

Vitamin Shoppe, Inc.

Secaucus, NJ 07094

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VS-2959
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