

Suggested Use: Take 1 softgel three times daily, preferably with a meal, as a dietary supplement, or as directed by a physician.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

Distributed by: Indiana Botanic Gardens, Inc.

3401 W. 37th Ave. Hobart, IN 46342



Flaxseed

Oil

*Heart
Support**

1000 mg.
90 Softgels

Herbal Supplement

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Polyunsaturated Fat	0.5 g	**
Organic Flaxseed Oil	1,000 mg (1 g)	**
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	450 mg	**
Linoleic Acid (Omega-6)	110 mg	**
Oleic Acid (Omega-9)	110 mg	**
Other Fatty Acids	50 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Natural Caramel Color, Purified Water.

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

