

**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 heart 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**

**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.

## 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 Value based on a 2,000 calorie diet.

\*Daily Value not established.

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

Manufactured for  
**Bluebonnet Nutrition Corporation**  
12915 Dairy Ashford  
Sugar Land, TX 77478 USA  
[bluebonnetnutrition.com](http://bluebonnetnutrition.com)

