

**swanson.com**  
or call 1-800-437-4148

- Provides high concentration of omega-3 alpha linolenic acid
- May support cardiovascular health\*\*
- Promotes healthy skin\*\*

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one softgel two to three times per day with water.

Solvent free.

**WARNING:** For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

\*\*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.



**SWANSON**

# Flaxseed Oil

Cardiovascular Health\*\*

1 gram per softgel

MADE WITH ORGANIC FLAXSEED OIL

DIETARY SUPPLEMENT | 200 SOFTGELS

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%
Organic Flaxseed Oil	1 g	*
<i>(Linus usitatissimum)</i> (GMO free)		
Fatty Acid Profile:		
Omega-3—ALA (alpha-linolenic acid)	50–65%	
Omega-6—Linoleic Acid	11–24%	
Omega-9—Oleic Acid	11–24%	

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

\*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**  
Fargo, ND 58104 USA • 1-800-437-4148

Certified Organic by Minnesota Crop Improvement Association (MCIA), St. Paul, MN 55108.

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