

HEALTH FROM THE

**SUN**

**OMEGA-3**

DIETARY SUPPLEMENT

**FLAX SEED  
OIL**

**FROM ORGANIC  
FLAX SEEDS**

**Cold Pressed  
Guaranteed Pure**

**OMEGA-3 1,100 MG**

**180 SOFTGELS**

**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

**Directions:** Use only as directed. Take one to two soft gels with each meal or as directed by your health care practitioner. Keep out of sunlight. Store in a cool, dry place.

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 90

	Amount Per Serving	% Daily Value
<b>Calories</b>	20	
Calories from Fat	20	
<b>Total Fat</b>	2 g	3%†
<b>Protein</b>	<1 g	<1%†
Organic Flax Seed Oil **	2,000 mg	*
--Alpha-Linolenic Acid (omega-3)	1,100 mg	*
--Linoleic Acid (omega-6)	300 mg	*
--Oleic Acid (omega-9)	355 mg	*

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

\*Daily Value not established.

**Other Ingredients:** Gelatin (porcine), glycerin and water.

**Discussion:** Health From The Sun® Flax Seed Oil is cold expeller-pressed from certified organic flax seeds in a closed environment, minimizing exposure to light and oxygen. Each 1,000 mg softgel supplies 550 mg of the important omega-3 fatty acid Alpha-Linolenic Acid (ALA). Omega-3 fatty acids are deficient in the typical modern diet, but are important for the health of the whole body.

Rigorously **quality** tested to ensure **purity, potency** and **truth-in-labeling**.

Product of Canada

\*\*Certified Organic by QAI.

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[www.nutraceutical.com](http://www.nutraceutical.com)

### Comments or Questions:

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