



WITH OMEGA 3-6-9

ONCE DAILY
DIETARY SUPPLEMENT

100 Softgels

Flaxseed Oil 1000 mg

Thompson
SINCE 1932

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 softgel up to two times daily, preferably with food. Store in a cool, dry place.

Supplement Facts Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Organic Flax Seed Oil	1,000 mg	*
Alpha-Linolenic Acid (Omega-3)	550 mg	*
Linoleic Acid (Omega-6)	170 mg	*
Oleic Acid (Omega-9)	170 mg	*

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

*Daily Value not established.

Other Ingredients: Gelatin softgel (gelatin, glycerin, carob), natural flavor and ascorbic acid.

Discussion: Flaxseed, also known as flax oil and linseed oil, is derived from the seeds of the plant *Linum usitatissimum*. Flaxseed oil supplies alpha-linolenic acid and also provides lower amounts of linoleic and oleic acid. Flaxseed oil contains organic compounds known as lignans. Lignans are phytoestrogens.

Certified Organic by Quality Assurance International
Our own laboratory analysis guarantees purity and freshness of all
Thompson® products.

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Comments or Questions:

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