

SOFTGEL SIZE

Made in the USA



CODE 1780 V4

Caution: For adults only. Flax oil is generally well tolerated, but may be associated with mild temporary gastric disturbances. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Store in a cool, dry place after opening. Please Recycle.

*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.

Each serving may also provide the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats:

Linolenic Acid (Omega-3) 55%; Linoleic Acid (Omega-6) 14%; Oleic Acid (Omega-9) 19%; Other (Saturated) 12%

NOW® High Lignan Flax Seed Oil is an optimal dietary supplement that has naturally occurring Omega-3 fatty acids, and also supplies lignans, phytochemicals that are structurally related to estrogens.*

SUGGESTED USAGE: As a dietary supplement, take 3 softgels 2 to 3 times daily with food.

NOW® Flax Oil delivers the natural nutrient profile found in Genuine Whole Foods.



HIGH LIGNAN Flax Oil

ESSENTIAL OMEGA-3'S

1000 mg

- Supports Cardiovascular System*
- Cold-Pressed & Unrefined

Made with
Organic
Flax Oil

120 Softgels
A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	< 0.5 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†
Organic Flax Seed Oil (<i>Linum usitatissimum</i>)	3 g (3,000 mg)	†

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

† Daily Value not established.

Ingredients: Organic Flax Seed Oil (cold-pressed, unrefined and Non-GMO), Organic Flax Particulate Matter (lignans), and a natural antioxidant blend of Natural Mixed Tocopherols, Rosemary Oil, Ascorbic Acid and Softgel Capsule (gelatin, glycerin, water, carob).

Natural Mixed Tocopherols from soy.

Formulated & Distributed by NOW FOODS, 395 S. Glen Ellyn Rd.
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Certified Organic by Quality Assurance International.

Not manufactured with yeast, wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.