

Flax seed Oil is one of nature's richest sources of essential fatty acids including Omega-3, Omega-6 and Omega-9, as well as small amounts of Lignans, Beta-Carotene and Vitamin E. When considering the Standard American Diet (SAD), which is high in Omega 9 with lesser amounts of Omega 6 & 3, flax oil supplementation brings the diet into a more "balanced" profile. These oils/fats are considered essential due to their necessity for normal metabolic function and they are primarily obtained through the diet.**

- **Highest Quality Oil**
- **Produced from Organically-Grown Seeds**
- **No Hexane or Other Solvents Used**

**This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Lot#
Best if used by:



Flax Oil

1000mg

Expeller Pressed & Pesticide Free

➤ **Rich Source of Healthy** ◀
Omega-3 Fatty Acids

DIETARY SUPPLEMENT
90 SOFTGELS

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Suggested Usage: Take 1 softgel with a meal up to 4 times daily or as directed by your qualified healthcare provider.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 90

Amount Per Serving	%Daily Value*	
Calories	10	
Calories from Fat	10	
Total Fat	1g	1.5%
Polyunsaturated Fat	1g	†
Trans Fat	0	0%
Flax Oil (seed)	1000mg	†
Linolenic Acid (Omega-3)	570mg	†
Linoleic Acid (Omega-6)	160mg	†
Oleic Acid (Omega-9)	180mg	†

*Percent Daily Value based on a 2000 calorie diet.
†Daily Value not established.

Other Ingredients: Softgel is made of gelatin, glycerin and purified water.

Contains **NO SOLVENT RESIDUES**, milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten, yeast, artificial flavoring or colors.

Formulated by & Manufactured for:
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