

**SUGGESTED USE:** As a dietary supplement, take three (3) softgels one to two times daily, or as directed by a healthcare professional.

**CAUTION:** If you are pregnant or nursing, or have a medical condition, are taking medication, consult your healthcare professional before using this or any other nutritional supplement. Discontinue use if allergic reaction occurs.

**INFORMATION:** Flax Seed Oil is a natural source of Alpha Linolenic Acid (ALA) and of Linoleic Acid (LA). Today's diets and lifestyles may require supplementation of these essential fatty acids.\*

Olympian Labs, Inc. products are made with the highest quality ingredients and manufactured according to current Good Manufacturing Practices (cGMP).

KEEP OUT OF REACH OF CHILDREN.  
STORE IN A COOL, DRY PLACE.

\*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.



# FLAX SEED OIL

## HIGH LIGNAN

Cold Pressed, Unrefined & GMO Free  
D I E T A R Y   S U P P L E M E N T

*Omega-3 Fatty Acids\**

*Supports Normal Hormone Levels\**

90 SOFTGELS PER BOTTLE / 30 SERVINGS

## Supplement Facts

Serving Size: Three (3) Softgels | Servings Per Container: 30

|                                                  | Amount<br>Per Serving: | % Daily<br>Value** |
|--------------------------------------------------|------------------------|--------------------|
| Calories                                         | 30                     |                    |
| Calories from Fat                                | 30                     |                    |
| Total Fat                                        | 3 g                    | 5%                 |
| Saturated Fat                                    | 1.5 g                  | ↑                  |
| 100% Pure Lignan Flax Seed Oil<br>(Cold Pressed) | 3 g (3,000 mg)         | ↑                  |
| Linolenic acid ‡                                 | 1.5 g (1,500 mg)       | ↑                  |
| Linoleic acid ‡                                  | 330 mg                 | ↑                  |
| Oleic acid ‡                                     | 330 mg                 | ↑                  |
| Palmitic acid & Stearic Acid ‡                   | 150 mg                 | ↑                  |

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

↑Daily Value not established.

‡These ratios will slightly vary from batch to batch, depending on the natural variation of the fatty acid content of the Evening Primrose oil.

Other Ingredients: Gelatin, Vegetable, Glycerin, Water, and Natural Caramel Color.

**MADE IN USA** • Manufactured for  
Olympian Labs, Inc. • Phoenix, AZ 85027  
1.800.473.5883 • [www.OlympianLabs.com](http://www.OlympianLabs.com)

