



Flax Oil is one of the premium sources of the essential fatty acids Alpha-Linolenic Acid (Omega-3) and Linoleic Acid (Omega-6). Most Americans have low Omega-3 diets, which is why supplementing the diet is so important.* Fatty Acids support cellular and heart health, and provide an energy source for the body.*

The National Academy of Sciences, which is recognized as the highest scientific body in the U.S., recommends that men consume 1.6 grams and women consume 1.1 grams of Omega-3s per day.

Our Flax Oil is filled under a nitrogen blanket to safeguard it from oxygen exposure and it's processed in a climate-controlled atmosphere under yellow lights to ensure the highest level of quality. We also bottle it in a dark container to minimize light exposure.

Flax Oil is one of the best vegetarian sources of Omega-3 fatty acids found in nature.

For optimal freshness, please store in the refrigerator after opening.

Through a unique cold processing method, the flaxseeds are pressed at very cold temperatures and are processed without solvents.



For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*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.



Prod. No. 6415 B6415 091

ORGANIC
NATURAL
COLD PRESSED

Flax Oil

with Omega-3 Fatty Acids

Promotes
Heart &
Cardiovascular
Health*



FAST ACTING
LIQUID



Net Contents
8 fl. oz. (236 mL)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Teaspoon (5 mL)
Servings Per Container 47

Amount Per Serving	%Daily Value
Calories	45
Calories from Fat	45
Total Fat	5 g 8%**
Saturated Fat	<1 g 3%**
Polyunsaturated Fat	3.5 g ***
Monounsaturated Fat	1 g ***
Organic Flax Oil (seed)	4,650 mg (4.65 g) ***
which typically contains:	
Alpha-Linolenic Acid 2,325 mg (2.32 g)	***
Linoleic Acid 563 mg	***
Oleic Acid 665 mg	***
Other Fatty Acids and Phytonutrients 335 mg	***

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

***Daily Value not established.

Ingredient: Organic Flaxseed Oil.

DIRECTIONS: For adults, take one (1) teaspoon (5 mL) twice daily, preferably with a meal.

No Artificial Color, Flavor or Sweetener. No Preservatives. No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

Suitable for vegetarians.

100% SOLVENT FREE

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Refrigerate after opening. Do not use if seal under cap is broken or missing.

SHAKE WELL BEFORE USE

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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