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Our Flaxseed Oil is an edible oil derived from the seeds of the Flax plant (*Linum usitatissimum*) and is one of the most concentrated plant sources of Omega-3 fatty acids found in nature. Omega-3 fatty acids promote heart and cardiovascular health.*

Our Flaxseed Oil for softgels is dispensed and processed under a nitrogen blanket to safeguard it from oxygen exposure. In addition, the oil is dispensed under special yellow lights to protect against white light. Then our product is encased in an amber-colored gelatin shell to continue to protect the active elements from white light. This ensures that our Flaxseed Oil retains its integrity. Through a unique cold processing method, the flaxseeds are pressed at very cold temperatures and are processed without solvents.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

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. 1458 B1452 08F

NATURE'S BOUNTY®

NATURAL
COLD PRESSED
Flaxseed Oil
1000mg

Promotes Heart &
Cardiovascular Health*

RAPID RELEASE
LIQUID SOFTGEL



200 softgels

DIETARY SUPPLEMENT



DIRECTIONS: For adults, take one (1) softgel three times daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	0.5 g	***
Monounsaturated Fat	0 g	***
Organic Flaxseed Oil	1,000 mg (1 g)	***
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	450 mg	***
Linoleic Acid (Omega-6)	110 mg	***
Oleic Acid (Omega-9)	110 mg	***
Other Fatty Acids	50 mg	***

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

***Daily Value not established.

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

The Flaxseed Oil in this product is 100% SOLVENT FREE

No Artificial 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.

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. Do not use if seal under cap is broken or missing.

Carefully Manufactured by NATURE'S BOUNTY, INC.
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