

Our Flaxseed Oil 1200 mg is an edible oil derived from the seeds of the Flax plant (*Linum usitatissimum*) and is one of the best sources of the Omega-3 fatty acid alpha-linolenic acid available. It also provides one of the most concentrated plant sources of Omega-3 fatty acids found in nature. This product contains three important Omega fatty acids, Omega 3, 6 & 9.

To ensure Nature's Bounty Flaxseed Oil 1200 mg maintains its integrity, it is encapsulated in an amber-colored gelatin softgel, which protects the oil from light. Through a unique cold processing method, the flaxseeds are pressed at a very cold temperature 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

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



Prod. No. 13321 813320 06E

NATURE'S BOUNTY

NATURAL COLD PRESSED Flaxseed Oil 1200mg

Promotes Heart &
Cardiovascular Health*

RAPID RELEASE
LIQUID SOFTGEL



100 softgels



DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%**
Saturated Fat	0 g	0%**
Polysaturated Fat	<1 g	***
Monounsaturated Fat	0 g	***
Flaxseed Oil	1,200 mg (1.2 g)	***
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	540 mg	***
Linoleic Acid (Omega-6)	132 mg	***
Oleic Acid (Omega-9)	132 mg	***
Other Fatty Acids	60 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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