

Linseed Oil (Flaxseed Oil) is one of the premium sources of Alpha Linolenic Acid (Omega 3), an essential fatty acid that can't be made by the body and must be obtained from diet. The oil is derived from the seeds of the Flax plant (*Linum usitatissimum*), one of the most concentrated vegetarian plant sources of Omega 3 fatty acids found in nature. Studies indicate flaxseed oil helps to promote cardiovascular, immune, and skin health. This formulation offers premium, organic linseed oil (flaxseed oil), cold pressed without the use of chemical solvents.\*

\*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.

Carefully Manufactured for:

Solgar, Inc.  
500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information, call toll-free  
1-877-SOLGAR 4  
[www.solgar.com](http://www.solgar.com)  
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# LINSEED OIL 1250 MG

FLAXSEED OIL

COLD PRESSED  
OMEGA 3 EFA

GLUTEN, WHEAT & DAIRY FREE

90 SOFTGELS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Softgels

Servings Per Container: 45

Amount Per Serving	%DV
Calories	25
Calories from Fat	20
Total Fat	2.5 g 3%**
Saturated Fat	0 g 0%**
Polyunsaturated Fat	2 g ***
Monounsaturated Fat	0.5 g ***
Organic Linseed Oil	2500 mg ***
Alpha Linolenic Acid	1300 mg ***
Linoleic Acid	375 mg ***
Oleic Acid	325 mg ***
Palmitic Acid	125 mg ***
Stearic Acid	75 mg ***
Other Fatty Acids	300 mg ***

\*\*Percent Daily Values (DV) are based  
on a 2,000 calorie diet

\*\*\*Daily Value (DV) not established

**SUGGESTED USE:** As a dietary supplement for adults, take two (2) to four (4) softgels daily, preferably at mealtimes, or as directed by a healthcare practitioner.

Ingredients: Organic Linseed Oil, Gelatin, Vegetable Glycerin.

**FREE OF:** Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Do not use if outer bottle seal is missing, torn or damaged in any way.  
**REFRIGERATE AFTER OPENING.**

