

Solgar's Organic Flaxseed Oil provides one of the most concentrated vegan plant sources of Omega 3 Fatty Acids found in nature. Our formula also provides Oleic Acid, an Omega 9 Fatty Acid. Fatty Acids play a role in providing an energy source for the body and support heart, skin, and nerve health.*

Through a unique cold processing method, the flaxseeds are pressed at very cold temperatures and are processed without solvents. Our oil is filled under a nitrogen blanket to safeguard it from oxygen exposure. It is packaged in a climate controlled atmosphere under yellow lights to ensure the highest level of freshness and potency. Solgar's signature amber glass bottle minimizes light exposure to maintain freshness, efficacy and potency.

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

Certified Organic by QAI

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com

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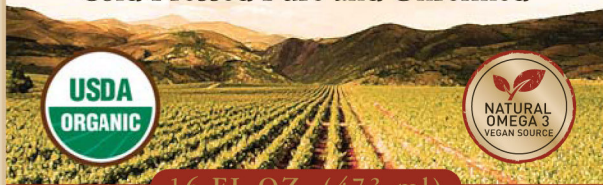


EARTH SOURCE®

ORGANIC FLAXSEED OIL

OMEGA 3, 6, & 9

Cold Pressed Pure and Unrefined



16 FL.OZ. (473 ml)

SUITABLE FOR VEGANS
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Tablespoon (15 ml)
Servings Per Container: About 31

Amount Per Serving		%DV
Calories	120	
Calories from Fat	120	
Total Fat	14 g	21%**
Saturated Fat	1.5 g	7%**
Polyunsaturated Fat	10 g	***
Monounsaturated Fat	3 g	***
Organic Flaxseed Oil	13,950 mg	***
which typically contains:		
Alpha-Linolenic Acid (Omega 3)	6975 mg	***
Linoleic Acid (Omega 6)	1667 mg	***
Oleic Acid (Omega 9)	1953 mg	***
Other Fatty Acids	1004 mg	***

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

***Daily Value (DV) not established.

Ingredients: Cold Pressed Unrefined Organic Flaxseed Oil.

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

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablespoon (15 ml) daily, preferably at mealtime, or as directed by a healthcare practitioner.

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. Store in a cool, dry place. Do not use if neck seal is missing, torn or damaged in any way. Refrigerate after opening.



Solgar's KOF-K certification #K-1250

*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.



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