

Since 1972



GUARANTEED PURE

Circulatory and Immune System Support**

Flaxseed is a rich source of omega-3 essential fatty acid (EFA), alpha-linolenic acid, and contains linoleic acid (omega-6 EFA) in the correct proportions. This is important to know since the body cannot manufacture EFAs. North Americans are typically lacking omega-3 EFAs in their diet and Flaxseed Oil is the perfect supplement. Flaxseeds also contain lignans which provide Immune System support in addition to circulatory and structural benefits. Other key components, lecithin and phospholipids, are responsible for the development and integrity of cell membranes.**

**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.

RECOMMENDATION

Take one teaspoon three times daily.

**SHAKE WELL BEFORE USING
KEEP REFRIGERATED**

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.

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Lignan Rich FLAX SEED OIL

Cold Pressed Oil
from Flax Seeds

Liquid Dietary Supplement

- Lignan Rich – Immune Stimulator**
- Rich Source of Vegetable Omega 3 & 6 Essential Fatty Acids

8 FL. OZ. (236.5 ml)

Stock No. 3162-1

Distributed Exclusively by:
**NATURE'S SUNSHINE
PRODUCTS, INC.**
Spanish Fork, Utah 84660
1-800-223-8225
www.naturesunshine.com

Supplement Facts

Serving Size 1 Tablespoon (14g)
Servings per container: 16

Amount Per Serving

Calories 120 Calories from Fat 120

% Daily Value*

Total Fat 14g 21%†

Saturated Fat 1g 5%†

Polyunsaturated Fat 10g *

Monounsaturated Fat 3g *

Cholesterol 0 mg 0%†

Sodium 0 mg 0%†

Total Carbohydrate 0 mg 0%†

Protein 0g 0%†

Flax Seed Oil with Lignans 14000 mg*

(*Linum usitatissimum*)

Omega 3 (Alpha linolenic acid) 6600 mg-8400 mg

Omega 6 (Linoleic acid) 1540 mg-2380 mg

Omega 9 (Oleic acid) 1620 mg-3514 mg

*% DV not established

†Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Other Ingredients: Rosemary leaves (*Rosmarinus officinalis*), mixed tocopherols, ascorbyl palmitate, and citric acid (as antioxidants).

LOT:

FPT: