

Suggested Usage: Take 3 softgels 1 to 2 times daily with food.

Flax Oil is a natural reservoir for the omega-3 fatty acid, Alpha-Linolenic Acid (ALA). ALA is considered an essential fatty acid, because the body cannot make it from other fats and must obtain it from the diet. Flax Oil has been shown to support cardiovascular health and to promote the maintenance of healthy skin.*

This non-GMO Flax Seed Oil has been specially pressed to be as close to the original oil in the seed as possible. Extreme care has been taken in bringing this product to the market in the softgel form, which hermetically seals the oil and protects it from oxidation and contamination.

*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.

Caution: For adults only. Flax Oil is generally well tolerated, but may be associated with mild temporary gastro-intestinal disturbances. Consult physician if pregnant/nursing, taking medication, or have a medical condition, including allergy to flaxseed. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

CODE 1772 V7



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SOFTGEL SIZE



Flax Oil

1000 mg

Cardiovascular Support*

- With Essential Omega-3's
- Made with Organic Flax Oil

250 Softgels

A Dietary Supplement

Nutritional Oils

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 83

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	< 0.5 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†
Organic Flax Seed Oil (<i>Linum usitatissimum</i>) (Cold-Pressed, Unrefined)	3 g (3,000 mg)	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Certified Organic by QAI.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Each serving may also have the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats:

Linolenic Acid (Omega-3) 55%; Linoleic Acid (Omega-6) 14%; Oleic Acid (Omega-9) 19%; Other (Saturated) 12%

