

Suggested Usage: Take 3 softgels daily with a meal.

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.* It also abounds in lignans, which are phenolic compounds that may contribute to ALA's role in maintaining cardiovascular health.*

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%.

*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.

SOFTGEL SIZE

CODE 1780 V5



7 33739 01780 2



High Lignan Flax Oil

1000 mg

Cardiovascular Support*

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

120 Softgels
A Dietary Supplement

Nutritional Oils

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	30	
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.

Ingredients: Organic Flax Seed Oil (cold-pressed, unrefined and non-GMO), Organic Flax Particulate Matter (lignans), and a natural antioxidant blend of Natural Mixed Tocopherols, Rosemary Oil, Ascorbic Acid and Softgel Capsule (gelatin, glycerin, water, carob).

Natural Mixed Tocopherols from soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Certified Organic by QAI.

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

