

**Flax seed Oil** is one of nature's richest sources of essential fatty acids including Omega-3, Omega-6 and Omega-9, as well as small amounts of Lignans, Beta-Carotene and Vitamin E. When considering the Standard American Diet (SAD), which is high in Omega 9 with lesser amounts of Omega 6 & 3, flax oil supplementation brings the diet into a more "balanced" profile. These oils/fats are considered essential due to their necessity for normal metabolic function and they are primarily obtained through the diet.\*\*

- **Highest Quality Oil**
- **Produced from Organically-Grown Seeds**
- **No Hexane or Other Solvents Used**

\*\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

6 09492 12001 —

Lot#  
Best if used by:



# Flax Oil

## 1000mg

*Expeller Pressed & Pesticide Free*

➤ **Rich Source of Healthy** ◀  
**Omega-3 Fatty Acids**

DIETARY SUPPLEMENT  
90 SOFTGELS

\*\*This statement has not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

**Suggested Usage:** Take 1 softgel with a meal up to 4 times daily or as directed by your qualified healthcare provider.

### Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 90

Amount Per Serving		%Daily Value*
Calories	10	
Calories from Fat	10	
Total Fat	1g	1.5%
Polyunsaturated Fat	1g	†
Trans Fat	0	†
Flax Oil (seed)	1000mg	†
Linolenic Acid (Omega-3)	570mg	†
Linoleic Acid (Omega-6)	160mg	†
Oleic Acid (Omega-9)	180mg	†

\*Percent Daily Value based on a 2000 calorie diet.  
†Daily Value not established.

**Other Ingredients:** Softgel is made of gelatin, glycerin and purified water.

Contains **NO SOLVENT RESIDUES**, milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten, yeast, artificial flavoring or colors.

Formulated by & Manufactured for:  
MRM  
2665 Vista Pacific Dr. • Oceanside, CA 92056 USA  
www.mrm-usa.com • 1-800-948-6296

