

Flax Oil is a rich, balanced source of essential fatty acids and lignans. These beneficial fats play important roles in human health.

This 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. No preservatives, additives, bleaches or fillers are used in this oil.

Nature made it superior. CAO[®]H made it simply and naturally perfect.

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

Linolenic Acids (Omega-3):	1,650 mg	(55%)
Linoleic Acid (Omega-6):	420 mg	(14%)
Oleic Acid (Omega-9)	570 mg	(19%)
Other (Saturated):	360 mg	(12%)

Health Through Nature & Science

Made in the U.S.A.

Certified Organic by Organic Certifiers

California Academy of Health, Inc.

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Made With Organic Flax Seed Oil



100 Softgels
Nutritional Supplement

Suggested Use: As a dietary supplement, take 3 softgels 2 to 3 times daily, preferably with meals.

Supplement Facts#

	Amount Per Serving	% Daily Value
Serving Size: 3 Softgels Serving Per Bottle: 33		
Organic Flax Seed Oil (<i>Linum usitatissimum</i>)		
	3.0 g (3000 mg) **	
Calories	30	
Calories from Fat	27	
Total Fat	3 g	4%
Saturated Fat	<0.5 g	0%
Trans Fat	0 g	**
Polyunsaturated Fat	2 g	**
Monounsaturated Fat	0.5 g	**
Cholesterol	0 mg	**
Sodium	0 mg	**

** Percent Daily Value Not Established and Based on a 2000 Calorie Diet.

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.

Ingredients: Organic Flax Seed Oil (unrefined and Non-GE) (includes organic flax particulate matter (source of lignans))

Other Ingredients: Gelcap (Gelatin, Glycerin, Water and Carob).

Contains no: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

