

Recommended Adult Dose: Take one capsule two times daily with meals, or as recommended by your healthcare practitioner. **Risk Information:** If you are taking blood thinners or if you have a bleeding disorder, consult your healthcare practitioner prior to use. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, soy, sodium, sugar, artificial coloring or flavoring or dairy products. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

Seroyal Made in Canada for
Seroyal USA
Pittsburgh, PA 15275
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GENESTRA BRANDS™

Organic Flax Oil Capsules

ESSENTIAL FATTY ACID SUPPLEMENT

90 Softgel Capsules

Supplement Facts

Serving Size 1 Capsule
Servings per Container 90

Each Capsule Contains		% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%♦
Organic Flax (<i>Linum usitatissimum</i>) Seed Oil	1000 mg	*
Yielding		
ALA (Alpha-Linolenic Acid)	550 mg	*
LA (Linoleic Acid)	150 mg	*
OA (Oleic Acid)	160 mg	*

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
* Daily Value not established

Other ingredients: Gelatin, glycerin, purified water

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BARCODE LOCATION
883196 12970