

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT



# Flax Oil

Certified Organic And Cold Pressed  
Extracted Without Chemicals

**DIETARY SUPPLEMENT**  
**100 SOFTGELS**

## Recommendations

1-3 softgels 2-4 times daily with food  
or as directed by your healthcare  
professional.

## Warning

If pregnant, consult your  
physician before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN  
(WHEAT, RYE, BARLEY)<sup>†</sup>, MILK/DAIRY (CASEIN,  
WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>,  
SUGAR.

<sup>†</sup>VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are  
independently tested by U.S. labs.  
Learn more at [vitalnutrients.net](http://vitalnutrients.net)

## Supplement Facts

serving size: 3 softgels

servings per container: 33

|                     | amount<br>per serving | percent<br>daily value |
|---------------------|-----------------------|------------------------|
| Calories            | 30                    |                        |
| Calories from Fat   | 30                    |                        |
| Total Fat           | 3g                    | 6% <sup>†</sup>        |
| Polyunsaturated Fat | 1.5g                  | *                      |
| Cholesterol         | 0mg                   | 0% <sup>†</sup>        |

|               |        |   |
|---------------|--------|---|
| Flax Seed Oil | 3000mg | * |
|---------------|--------|---|

CERTIFIED ORGANIC & COLD PRESSED  
EXTRACTED WITHOUT CHEMICALS

<sup>†</sup> Percent Daily Values are based on a 2000 calorie diet

\* Daily Value not established

Other Ingredients: Gelatin, Vegetable Glycerin,  
Natural Carob Color, and Purified Water.

manufactured for  
**VITAL NUTRIENTS**  
45 KENNETH DOOLEY DRIVE  
MIDDLETOWN, CT 06457 USA