



OVER 40 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For over 40 years we have been making trusted products, backed by science, and made with only the purest ingredients... guaranteed. So you can get the most out of life every day.

- ✓ Natural Cold Pressed
- ✓ Solvent Free
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

Non-GMO, No Artificial Flavor, No Artificial Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

★ Made In The USA with select ingredients from around the world

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
NaturesBountyRewards.com

Prod. No. 83321 B13320 07G

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



Flaxseed Oil

1200mg | 540mg
of Omega-3

Supports
Cardiovascular Health*

HERBAL HEALTH



125 Rapid Release Softgels DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) softgel two to three times daily, preferably with meals.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	1 g	***
Flaxseed Oil	1,200 mg (1.2 g)	***
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	540 mg	***
Linoleic Acid (Omega-6)	132 mg	***
Oleic Acid (Omega-9)	132 mg	***
Other Fatty Acids	60 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Natural Caramel Color.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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