



Natural

Flaxseed Oil

1000 mg

DIETARY SUPPLEMENT

HELPS MAINTAIN HEART HEALTH*
PROVIDING 450 MG OMEGA-3 FATTY ACIDS

100 SOFTGELS



Prod No. 1451 B1452 04B USN

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	0.5 g	***
Organic Flaxseed Oil	1,000 mg (1 g)	***
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	450 mg	***
Linoleic Acid (Omega-6)	110 mg	***
Oleic Acid (Omega-9)	110 mg	***
Other Fatty Acids	50 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

OTHER INGREDIENTS: GELATIN, GLYCERIN, CARAMEL COLOR.

Trans Fat 0g

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.

FREE OF: yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial flavor, sodium (less than 5 mg per serving).

Keep out of reach of children. Store at room temperature 15°-30° C (59°-86° F), tightly closed. Safety Sealed. Do Not Use If Seal Under Cap Is Cut, Torn or Missing.

Flax is one of the premium plant sources of Alpha Linolenic Acid (Omega-3) and Linoleic Acid (Omega-6), two essential fatty acids that cannot be made by the body and must be obtained from the diet.* Fatty acids play a role in providing an energy source for the body and are good for heart and circulatory health.*

DIRECTIONS: For adults, take one (1) softgel one to three times daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

*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.

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Actual size
of softgel