

VALUE SIZE

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NATURALIST®

Flaxseed Oil

1000 mg



Providing 450 mg Omega-3 Fatty Acids

120 SOFTGELS

Dietary Supplement



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 (Bovine), Glycerin, Caramel Color.

Quality Guaranteed Lab Tested
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

IMPORTANT FACTS YOU SHOULD KNOW

Our Flaxseed Oil is an edible oil derived from the seeds of the Flax plant (*Linum usitatissimum*) and is one of the best sources of the Omega-3 fatty acid, Alpha-Linolenic Acid, available.

Our Flaxseed Oil for softgels is dispensed and processed under a nitrogen blanket to safeguard it from oxygen exposure. In addition, the oil is encapsulated under special yellow lights to protect against white light. Then our product is encased in a brown-colored gelatin shell to continue to protect the active elements from white light. This ensures that our Flaxseed Oil retains its integrity. Through a unique cold processing method, the flaxseeds are pressed at cold temperatures and are processed without solvents.

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SOFTGEL THREE TIMES DAILY, PREFERABLY WITH MEALS.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial flavor, sodium.

The Flaxseed Oil in this product is 100% SOLVENT FREE

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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Manufactured by Rexall Sundown, Inc., Boca Raton, FL 33487 USA
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ACTUAL SIZE