



**NATURALIST®**

# Flaxseed Oil

## 1000 mg



**Providing 450 mg Omega-3 Fatty Acids**

**60 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.

Manufactured by Rexall Sundown, Inc.  
Boca Raton, FL 33487 USA  
1-888-VITAHHELP (848-2435)

### 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.**

Prod. No. 45360



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