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*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.

SPRING VALLEY™

COLD-PRESSED

Flaxseed Oil

1000 mg PER SOFTGEL

DIETARY SUPPLEMENT

450 mg Omega-3
HEART HEALTH*

Flaxseed Oil is a non-fish source of essential Omega-3
and Omega-6 fatty acids that support heart and joint health.*

100 SOFTGELS

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 g (1,000 mg)	††
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.

DISTRIBUTED BY:

Wal-Mart Stores, Inc.,

Bentonville, AR 72716

PRODUCT OF CANADA, CHINA

SUGGESTED USE: Adults, take one softgel three times
daily, preferably with a meal.

NO

Gluten, Yeast, Wheat, Milk or Milk
Derivatives, Lactose, Sugar, Preservatives,
Soy, Artificial Flavor, Sodium (less than 5
mg per serving), Chemical Solvents

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 59°- 86°F
(15°- 30°C). Keep bottle tightly closed.

**FOR YOUR PROTECTION, DO NOT USE IF
SEAL UNDER CAP IS BROKEN OR MISSING.**

The Flaxseed Oil in this product is 100%
SOLVENT FREE.

• QUALITY GUARANTEED •

Spring Valley™ products are produced
under strict quality guidelines. If you
are unhappy with this product, we'll
replace it or refund your money.

For questions or comments call
1-866-251-1662.

Walmart.com/springvalley

Item No. 1446
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FRESHNESS AND POTENCY GUARANTEED THROUGH: