



Supplement Facts

Serving Size 1 softgel

Amount Per Softgel	% Daily Value
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Calories 20	
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Calories from Fat 10	
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Total Fat 1.5 g	2%**
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Polyunsaturated Fat 1 g	
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Vitamin E 1 IU	3%
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Organic Flaxseed Oil 1400 mg	*
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Alpha Linolenic Acid (Omega-3) 700 mg	*
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Linoleic Acid (Omega-6) 154 mg	*
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Oleic Acid (Omega-9) 168 mg	*
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*Daily Value not established.

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