



NATURAL

FLAX OIL 1200mg



OMEGA-3, 6 & 9

COLD PRESSED

DIETARY SUPPLEMENT

100 rapid release softgels

TO REORDER ITEM # 13320

DIRECTIONS: For adults, take one (1) softgel two to three times daily, preferably with meals.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%*
Polyunsaturated Fat	1 g	**
Flaxseed Oil	1,200 mg (1.2 g)	**
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	540 mg	**
Linoleic Acid (Omega-6)	132 mg	**
Oleic Acid (Omega-9)	132 mg	**
Other Fatty Acids	60 mg	**

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

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Natural Caramel Color.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Puritan's Pride® supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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. Do not use if seal under cap is broken or missing.

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

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www.puritan.com

1-800-645-1030

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