Directions: Take 1 softgel daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

MADE IN THE U.S.A.

† 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.

IP #564

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FOODS PLUS®
Since 1962

Flax Seed

1000 mg

PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

source of fatty acids†

promotes heart health†

60 SOFTGELS

NO SUGAR, STARCH, YEAST, CORN, WHEAT, MILK, SOY, ARTIFICIAL FLAVORS OR PRESERVATIVES

DIETARY SUPPLEMENT

Supplement Facts
Serving Size: 1 Softgel

	Amount Per Serving	% DV
Calories	10	
Calories from Fat	10	
Total Fat	3 g	5%*
Polyunsaturated Fat	2 g	†
Flax seed oil	1000 mg	†
which typically contain:		
Alpha-linolenic acid		
Linolenic acid		
Oleic acid		
Palmitic acid		
Stearic acid		

*Percent values are based on a 2,000 calorie diet.
†Daily value (DV) not established.

Other ingredients: Gelatin, glycerin, purified water, caramel (color).

Distributed by: Foods Plus®
10 Henderson Drive, West Caldwell, New Jersey 07006