Directions: Take one 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 at 15-30°C (59-86°F).

DO NOT PURCHASE IF SEAL IS BROKEN.

MADE IN U.S.A.





FLAX SEED 1000 MG DIETARY SUPPLEMENT 60 SOFTGELS

Supplement Facts Serving Size: 1 softgel

Amount	Per Serving	%DV
Calories	10	
Calories from fat	10	
Total Fat	1g	2%*
Polyunsaturated Fat	0.5g	t
Flax seed oil 1	,000 mg	Ť

Which typically contains:

Alpha-Linolenic acid (Ω III) (500 mg) Linoleic acid (Ω VI) (200 mg) Oleic acid (Ω IX) (200 mg)

Palmitic acid (60 mg) Stearic acid (40 mg)

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

Other ingredients: gelatin, glycerin, and St. John's bread extract.

SUGAR, STARCH, YEAST, CORN, WHEAT, MILK, SOY, FLAVORS OR PRESERVATIVES Omega III, VI & IX Essential Fatty Acids

Manufactured by: Windmill™ Health Products West Caldwell, New Jersey 07006