

flaxseed oil

1,000 mg per softgel

helps support heart and vascular health**
highest quality natural flaxseed oil



200 SOFTGELS DIETARY SUPPLEMENT

**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.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories 10	
Calories from Fat 10	
Total Fat 1 g	2%*
Saturated Fat 0 g	0%*
Polyunsaturated Fat 1 g	†
Monounsaturated Fat 0 g	†
Cholesterol 0 mg	0%
Flaxseed Oil 1 g (1000 mg)	†
Alpha-Linolenic Acid (Omega-3) 600 mg	

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

†Daily Value not established.

Other Ingredients: Gelatin, Glycerin.

Flaxseed oil contains natural lignans, some settling/color variation may occur.

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Facts

% Daily Value

2%*

0%*

†

†

0%

†

1000 mg

HEART HEALTH**

Essential fatty acids help provide energy but cannot be made by the body.

Flax is one of the premium plant sources of alpha-linolenic acid (omega-3), an essential fatty acid that cannot be made by the body and must be obtained from the diet. Omega-3 fatty acids play a role in providing an energy source for the body and are good for the heart and circulatory health.**

Suggested Use: As a dietary supplement for adults, take one softgel, two times a day.

Keep out of reach of children.

If you are pregnant or nursing a baby, consult a physician before using this product.

Caution: If you are taking medication, have a medical condition, have bleeding problems or are planning any medical procedure, consult your physician before taking this product.

Store in a dry place at room temperature (59°-86°F).

GLUTEN FREE

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