KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
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USDA ORGANIC

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GNC
SUPERFOODS

FLAX SEED OIL 1300 MG

MADE WITH ORGANIC FLAX SEED OIL

- *Omega-3 fatty acids help support the cardiovascular system, digestive health and joint health**

DIETARY SUPPLEMENT
180 SOFTGEL CAPSULES

CODE 182702 CRG

Each softgel capsule supplies 1300 mg of cold-pressed, unrefined flax seed oil, which supplies essential fatty acids including alpha-linolenic and linoleic acids.

Directions: As dietary supplement, take one softgel capsule daily.

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving		% Daily Value
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%†

† Percent Daily Value based on a 2,000 calorie diet.

Ingredients: Flax Seed Oil (*Linum usitatissimum*), Gelatin, Glycerin, Caramel Color.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, Gluten Free, No Corn, No Soy, No Dairy, Yeast Free.

Typical Flax Seed Oil Composition per Capsule:	
alpha-Linolenic Acid (ALA)(Omega-3)	780 mg
Linoleic Acid (LA)(Omega-6)	156 mg
Oleic Acid (OA)(Omega-9)	143 mg
Flax Seed Particulate (containing Lignans)	26 mg
Other	195 mg
Total	1300 mg

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.