

SAFETY SEALED. DO NOT USE
IF PRINTED SEAL UNDER CAP
IS CUT, TORN, OR MISSING.

exchange
select

FLAXSEED OIL

1300 mg



HEART HEALTH*

- SUPPORTS HEALTHY
HEART FUNCTION*

100 SOFTGELS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
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Calories 15

Total Fat 1.5 g	2%*
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Flaxseed Oil 1300 mg (1.3 g)	***
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Omega-3 ALA (Alpha-Linolenic Acid) 845 mg

Omega-6 LA (Linoleic Acid) 117 mg

Omega-9 OA (Oleic Acid) 117 mg

Other Fatty Acids 65 mg	***
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Palmitic Acid 39 mg

Stearic Acid 26 mg

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

*** Daily Value not established.

INGREDIENTS: Natural Cold-pressed Flaxseed Oil, Gelatin, Glycerin, Purified Water USP.

Directions: Adults - Take one or two softgel(s) daily with food as a dietary supplement.

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

NO ARTIFICIAL COLORS OR FLAVORS

NO GLUTEN • NO LACTOSE • NO TRANS FAT

Flaxseed Oil provides a source of the Omega-3 essential fatty acid ALA (Alpha-Linolenic Acid) and a source of the Omega-6 essential fatty acid LA (Linoleic Acid). These polyunsaturated fats cannot be manufactured by your body and must be obtained through your diet. Flaxseed Oil is also a source of heart healthy monounsaturated Omega-9 Oleic Acid.*

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

*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.

**"SATISFACTION GUARANTEED
OR YOUR MONEY BACK."**

Manufactured for:

Your Military Exchanges By:
International Vitamin Corporation
Freehold, NJ 07728
1-866-927-5470

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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