



Herbal Flaxseed Oil

1000 mg

HEART HEALTH* DIETARY SUPPLEMENT

Actual Product
Size on Side Panel

100 SOFTGELS

450 mg Plant Source of Omega-3 Fatty Acids

*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.

Directions: For adults, take one (1) softgel three times daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	0.5 g	***
Organic Flaxseed Oil	1,000 mg (1 g)	***
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	450 mg	***
Linoleic Acid (Omega-6)	110 mg	***
Oleic Acid (Omega-9)	110 mg	***
Other Fatty Acids	50 mg	***

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

***Daily Value not established.

Other Ingredients: Gelatin (Bovine), Glycerin, Caramel Color.

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Flax is an important plant source of the Omega-3 and Omega-6 fatty acids your body needs every day for well-being.* A balanced intake of these fatty acids supports circulatory, heart and cellular health.*

Warning: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

The Flaxseed Oil in this product is 100% SOLVENT FREE

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial flavor, salt.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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Prod. No. 1446
B1452 00A

Actual Size