

**Suggested Usage:** 2 softgels 1–3 times per day or as directed by a health professional. Keep out of reach of children.

Natural Factors Fish & Flax Oil contains the Rx Omega-3 Factors™ pharmaceutical grade fish oil† and organic flaxseed oil providing a formula rich in the omega-3 essential fatty acids, EPA, DHA and ALA. Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.\* One serving (2 softgels) provides 400 mg of EPA and 200 mg of DHA omega-3 fatty acids as well as 530 mg of ALA.

† Rx Omega-3 Factors™ fish oil guarantees stringent quality control standards to ensure the highly purified fish oil concentrate is free from toxic environmental contaminants and heavy metals like mercury.

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives, color or sweeteners; no corn, dairy, starch, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

\* 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.

#### PRODUCT OF CANADA

Manufactured by Natural Factors Canada

Distributed by NATURAL FACTORS

1111- 80th St. SW, Ste. 100

Everett WA, USA 98203



Recyclable container.

LOT & EXPIRY 1.3125" x .25" Single Line

Purity & Potency  
Guaranteed

## DIETARY SUPPLEMENT

# Fish & Flax Oil

EPA 400 mg / DHA 200 mg / ALA 530 mg



*Dr. Michael Murray*  
*Recommended*

Contains Rx Omega-3 Factors™ Fish Oil

120 Softgels

natural  
Factors

## Supplement Facts

Serving Size 2 Softgels

Servings Per Container 60

|                                                                                 | Amount Per Serving | % Daily Value |
|---------------------------------------------------------------------------------|--------------------|---------------|
| Calories                                                                        | 20                 |               |
| Calories from Fat                                                               | 20                 |               |
| Total Fat                                                                       | 2 g                | 3%†           |
| Pharmaceutical Grade Fish Oil Concentrate<br>(anchovy, sardine and/or mackerel) | 1,070 mg           | **            |
| Omega-3 Fatty Acids                                                             | 640 mg             | **            |
| Eicosapentaenoic Acid (EPA)                                                     | 400 mg             | **            |
| Docosahexaenoic Acid (DHA)                                                      | 200 mg             | **            |
| Organic Flaxseed Oil                                                            | 1,000 mg           | **            |
| Alpha Linolenic Acid (ALA)                                                      | 530 mg             | **            |

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

\*\*Daily Value not established.

Other ingredients: Softgel capsule (gelatin, glycerin, purified water), vitamin E, medium chain triglyceride (coconut), soy lecithin.

