

SUGGESTED USE: As a dietary supplement, take three (3) softgels one to two times daily, or as directed by a healthcare professional.

INFORMATION: Flax Seed Oil is a natural source of Alpha Linolenic Acid (ALA) and of Linoleic Acid (LA). Today's diets and lifestyles may require supplementation of these essential fatty acids.*

WARNING: Pregnant or lactating women should consult with a healthcare professional before consumption, due to the high phytoestrogen and estrogen antagonist properties.

This product does not contain Trans Fatty Acids.

Certified Organic by Quality Assurance International.

Confused on what to take? Check yourself at:

WhatVitaminsAreRightForYou.com

*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.

Manufactured by: OLYMPIAN LABS INCORPORATED
P.O. Box 12461, Scottsdale, AZ 85267 • 1-800-473-5883
www.olympianlabs.com • Made in USA

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.



Since



1992

High Lignan Content & Certified Organic

FLAX SEED OIL/HIGH LIGNANS

Cold Pressed, Unrefined & GMO Free

1 gram • 90 Softgels / Dietary Supplement

OLYMPIAN LABS INCORPORATED

Supplement Facts

Serving Size: Three (3) Softgels

Servings Per Container: 30

Amount Per Serving:		% Daily Value*
Calories	31.5	
Calories from Fat	27	
Total Fat	3 g (3,000 mg)	5%
Saturated Fat	300 mg	1%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrates	345 mg	<1%
Protein	714 mg	<1%
100% Pure Lignan Flax Seed Oil	3 g (3,000 mg)	†
(Cold Pressed, Certified Organic & GMO Free)		
Lignans within the Flax Seed Oil	60 mg	†
18:3 (D9,12,15) cis-a-Linolenic acid (ALA omega-3)	1.5 g (1,500 mg)	†
18:2 (D9,12) cis-a-Linoleic acid (LA omega-6)	351 mg	†
18:1 (D9) cis-Oleic acid (omega-9)	417 mg	†
16:0 Palmitic acid	126 mg	†

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

†Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Water, and Carb Extract.