

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.

OLYMPIAN LABS GUARANTEE:

Olympian Labs guarantees that all OL products are of the highest quality ingredients and lab assayed to ensure that what we say is on the label is actually in the product. All Olympian Labs' products are free from most allergens such as corn, yeast, barley, gluten, wheat, lactose, soy, all milk products, citrus, fish, egg products, as well as added flavorings, sugars, sweeteners, salt, preservatives, salicylates, and artificial colors and coatings. When you buy an Olympian Labs product, you can be sure you are buying the best.

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



Since



1992

**SUPER
SIZE**

High Lignan Content & Certified Organic

FLAX SEED OIL/HIGH LIGNANS

Cold Pressed, Unrefined & GMO Free

1 gram • 270 Softgels / Dietary Supplement

OLYMPIAN LABS INCORPORATED

Supplement Facts

Serving Size: Three (3) Softgels

Servings Per Container: 90

Amount Per Serving:		% Daily Value*
Calories	31.5	
Calories from Fat	27	
Total Fat	3 g	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	†
(Cold Pressed, Certified Organic & GMO Free)		
Lignans within the Flax Seed Oil	60 mg	†
18:3 (D ⁵ , ⁶) cis- α -Linolenic acid (ALA omega-3)	1.5 g	†
18:2 (D ⁶) cis- α -Linoleic acid (LA omega-6)	351 mg	†
18:1 (D ⁷) cis-Oleic acid (omega-9)	417 mg	†
16:0 Palmitic acid	128 mg	†

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

†Daily Value not established.

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

**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.

Made in USA • Manufactured by:
OLYMPIAN LABS INCORPORATED
P.O. Box 12481 • Scottsdale, AZ 85267
1-800-473-5883 • www.olympianlabs.com



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