

# Supplement Facts

Serving Size: 1 Softgel Capsule

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Saturated Fat	0 g	0%*
Cholesterol	0 mg	0%*
Flax Seed Oil	1,000 mg	†
Alpha-Linolenic Acid (omega-3)	440 mg	†
Linoleic Acid (omega-6)	120 mg	†
Oleic Acid (omega-9)	140 mg	†

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

† Daily value not established

**Ingredients:** Flax seed oil, capsule shell (gelatin, glycerin, water and carob)

*Each softgel capsule contains 1,000 mg of pure flax seed oil, cold pressed from certified organically grown flax seed, providing a natural source of alpha linoleic acid and oleic acid.*

**This product is gluten and dairy free.**

**RECOMMENDATION:** One (1) softgel capsule with each meal as a dietary supplement or as otherwise directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.  
Sealed with an imprinted safety  
seal for your protection.

Product # 1405 Rev. 04/15