

PK002226
5A009

#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*



Flaxseed Oil

1400 mg (700 mg Omega-3)

†See nutrition information for fat content.

Excellent source of
ALA (Omega-3)
Contains 700 mg of ALA
per serving, which is 44% of
the 1.6 g daily value for ALA.†

90 SOFTGELS

Helps support
a healthy
heart†

Dietary Supplement

EVERYDAY VALUE

†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.

SUGGESTED USE: Adults, take 1 softgel daily with water and a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
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Calories 15	
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Total Fat 1.5 g	2%**
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Polyunsaturated Fat 1 g	
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Organic Flaxseed Oil 1400 mg	*
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(*Linum usitatissimum*)

Alpha Linolenic Acid (Omega-3) 700 mg	*
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Linoleic Acid (Omega-6) 154 mg	*
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Oleic Acid (Omega-9) 168 mg	*
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* Daily Value not established.

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

✓ No Color Added
✓ No Artificial Flavors
✓ Gluten Free

Store tightly closed, in a cool,
dry place, out of reach of
children.

**Do not use if seal under cap
is broken or missing.**

CAUTION: If you are
pregnant, nursing, taking
medications, or have blood
clotting issues, consult your
physician before use.

OTHER INGREDIENTS: Gelatin, Glycerin.

DISTRIBUTED BY: Nature Made Nutritional Products

West Hills, CA 91309-9903, USA 1-800-276-2878 • www.NatureMade.com

Encapsulated and quality tested in the USA.

Made to our guaranteed purity and potency standards.

*Based on a survey of pharmacists who recommend branded vitamins and supplements.

Lot:
Exp: