

List No. 1617
PK001135
5A008

#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*

Nature Made

Flaxseed Oil

1000 mg (500 mg Omega-3)

**Excellent source of
ALA (Omega-3)**

Contains 500 mg of ALA
per serving, which is 31% of
the 1.6 g daily value for ALA.†

100 SOFTGELS

**Helps support
a healthy
heart†**

Dietary Supplement

†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
Calories 10	
Total Fat 1 g	1%**
Polyunsaturated Fat 0.5 g	
Organic Flaxseed Oil 1000 mg	*
(<i>Linum usitatissimum</i>)	
Alpha Linolenic Acid (Omega-3) 500 mg	*
Linoleic Acid (Omega-6) 110 mg	*
Oleic Acid (Omega-9) 120 mg	*

* 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:

†See nutrition information for fat content.

