

SPRING

VALLEY®

VITAMIN #1 BRAND

Made with Organic

# Flaxseed Oil

## 1000 mg

With Omega-3 Fatty Acids

**HEART HEALTH\***

Dietary Supplement 200 SOFTGELS

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Polyunsaturated Fat	0.5 g	††
Monounsaturated Fat	0 g	††
Organic Flaxseed Oil	1 g (1,000 mg)	††
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	450 mg	††
Linoleic Acid (Omega-6)	110 mg	††
Oleic Acid (Omega-9)	110 mg	††
Other Fatty Acids	50 mg	††

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

††Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Caramel Color.

No Gluten, No Yeast, No Wheat, No Milk Or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Flavors, No Sodium (less than 5 mg per serving), No Chemical Solvents.

Our Flaxseed Oil is one of the best sources of the Omega-3 fatty acid, alpha-linolenic acid. Through a unique cold processing method, the flaxseeds are pressed at very cold temperatures and are processed without solvents.

**SUGGESTED USE:** For adults, take one (1) softgel three times daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

The Flaxseed Oil in this product is 100% SOLVENT FREE

KEEP OUT OF THE REACH OF CHILDREN. KEEP IN A DRY PLACE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

MANUFACTURED BY:

US Nutrition, Inc.

Bohemia, NY 11716-2510, USA

Questions or Comments? Call 1-866-607-0342

UNCONDITIONALLY GUARANTEED BY  
REFUND OR REPLACEMENT

\*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.

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