

Safflower oil is derived from the seeds of the safflower plant (*Carthamus tinctorius*), an annual, thistle-like herb which belongs to the Asteraceae family. Safflower seed oil is a naturally rich source of Omega 6 polyunsaturated fatty acids, chiefly present as linoleic acid. The oil is naturally low in saturates.

Carefully Manufactured for:  
Solgar, Inc.  
500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information, call toll-free  
1-877-SOLGAR 4  
www.solgar.com  
©2012 Solgar, Inc.

SOLGB16119 01D



# SAFFLOWER OIL

WITH VITAMIN B6

SOURCE OF LINOLEIC ACID

GLUTEN, WHEAT & DAIRY FREE

100 SOFTGELS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 6 Softgels

Servings Per Container: about 16

Amount Per Serving		%DV
Calories	80	
Calories from Fat	60	
Total Fat	7 g	11%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	5 g	**
Monounsaturated Fat	1 g	**
Total Carbohydrate	1 g	<1%*
Sodium	5 mg	<1%*
Protein	2 g	4%*
Vitamin B6 (as pyridoxine HCl)	73 mg	3650%
Safflower Oil	6.9 g (6900 mg)	**
(cold pressed) providing:		
Linoleic Acid	4.97 g (4970 mg)	**
Oleic Acid	1.03 g (1035 mg)	**
Palmitic Acid	379 mg	**
Stearic Acid	138 mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet

\*\*Daily Value (DV) not established

Other Ingredients: Gelatin, Vegetable Glycerin, Beeswax.

**SUGGESTED USE:** As a dietary supplement for adults, take six (6) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner.

**FREE OF:** Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medication or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing, torn or damaged in any way.

