

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SOFTGEL TWO TO THREE TIMES DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	<1 g	***
Monounsaturated Fat	0 g	***
Flaxseed Oil	1,200 mg (1.2 g)	***
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	540 mg	***
Linoleic Acid (Omega-6)	132 mg	***
Oleic Acid (Omega-9)	132 mg	***
Other Fatty Acids	60 mg	***

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

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Natural Caramel Color.

Sundown
Naturals

Natural Cold Pressed Flaxseed Oil

1200 MG with **NATURAL Omega-3**

Promotes Heart Health*

60 SOFTGELS **DIETARY SUPPLEMENT**

Smart Facts

Our Flaxseed Oil is an edible oil derived from the seeds of the Flax plant (*Linum usitatissimum*) and is one of the most concentrated plant sources of Omega-3 fatty acids found in nature. This product contains Omega fatty acids 3, 6 and 9, plus other fatty acids, and comes in a larger dosage size to ensure you are getting all of the benefits Flaxseed Oil is famous for providing.

*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.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

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.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE
AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE
IF SEAL UNDER CAP IS BROKEN OR MISSING.

The Flaxseed Oil in this product is 100% SOLVENT FREE.

Questions? Call toll free 1-888-VITAHELP (848-2435)
or visit us at www.sundownnaturals.com

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