

DIRECTIONS: 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.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value
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Calories	10
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Calories from Fat	10
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Total Fat	1 g	2%**
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Polyunsaturated Fat	0.5 g	***
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Monounsaturated Fat	0 g	***
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Organic Flaxseed Oil	1,000 mg (1 g)	***
which typically contains:		

Alpha-Linolenic Acid (Omega-3)	450 mg	***
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Linoleic Acid (Omega-6)	110 mg	***
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Oleic Acid (Omega-9)	110 mg	***
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Other Fatty Acids	50 mg	***
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**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

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

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

Sundown
Naturals

Natural COLD PRESSED

Flaxseed Oil

1000 MG

with **NATURAL**
Omega-3

Natural Source of
Heart Healthy Nutrients*

100 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 best sources of the Omega-3 fatty acid alpha-linolenic acid available.

Our Flaxseed Oil for softgels is dispensed and processed under a nitrogen blanket to safeguard it from oxygen exposure. In addition, the oil is dispensed under special yellow lights to protect against white light. Then our product is encased in an amber-colored gelatin shell to continue to protect the active elements from white light. This ensures that our Flaxseed Oil retains its integrity. Through a unique cold processing method, the flaxseeds are pressed at very cold temperatures and are processed without solvents.

*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.



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

Manufactured by REXALL SUNDOWN, INC.
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