



## Flax Seed Oil

Flax seed oil is one of the richest plant sources of omega-3 fatty acids, an essential type of fat that is important for healthy hair, skin, and nails and for production of prostaglandins, hormone-like compounds that help regulate inflammation. Other important fatty acids also occur naturally in flax oil.

- **Organically-Grown:** Cold-pressing of organic flax seeds produces a high-quality flax oil concentrate rich in essential omega-3 alpha-linolenic acid. It also provides essential omega-6 linoleic acid and oleic acid, an omega-9 fatty acid. Flaxseed particulate containing natural lignan components are retained in the oil.
- **Omega-3 Source:** Flax seeds are a rich plant source of omega-3 fatty acids in the form of alpha-linolenic acid. This essential fatty acid supports skin and epithelial cell membrane integrity. It also supports prostaglandin balance and insulin metabolism.

This product is appropriate for anyone looking to add a plant source of omega-3 fatty acids to their diet to help maintain a healthy fatty acid balance needed for general wellness. This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.

**Suggested Use:** 1 to 9 softgels daily with food.

This product was made in a GMP and ISO 9001:2008 registered facility.

### Supplement Facts

Serving Size 1 Softgel • Servings Per Container 100

| Amount Per Softgel                            |        | % Daily Value |
|-----------------------------------------------|--------|---------------|
| Calories                                      |        | 10            |
| Calories from Fat                             |        | 10            |
| Total Fat                                     | 1 g    | 2%†           |
| Saturated Fat                                 | 0 g    | 0%†           |
| Polyunsaturated Fat                           | 1 g    | *             |
| Organic Flax Seed Oil (Cold-Pressed)          | 1 g    | *             |
| Supplying approximately:                      |        |               |
| Omega-3 fatty acids (as alpha-linolenic acid) | 445 mg | *             |
| Omega-6 fatty acids (as linoleic acid)        | 130 mg | *             |
| Omega-9 fatty acids (as oleic acid)           | 145 mg | *             |
| Flaxseed particulate (lignan-rich)            | 190 mg | *             |

†Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.

Other ingredients: Gelatin, glycerin, and water.

Certified Organic by QAI.

FLX141205B