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**Suggested Usage:** As a dietary supplement, adults take 1 softgel daily or as directed by your health professional.

**Warning:** If you are pregnant or nursing, or if you are taking prescription medications, consult your health professional before using this supplement.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.  
Use only if safety seal is intact.



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**Gluten-free, Non-GMO**

†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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #202518

# Flax Seed Oil

## Dietary Supplement

Essential fatty acid support<sup>†</sup>



100 Softgels

## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 100

	Amount Per Serving	%DV
Calories.....	9	
Total Fat.....	1 g	1% <sup>^</sup>
Polyunsaturated Fat.....	1 g	*
Omega-3 Fatty Acids.....	520 mg	*
(as alpha-linolenic acid)		
Omega-6 Fatty Acids (as linoleic acid) ...	110 mg	*
Omega-9 Fatty Acids (as oleic acid) .....	140 mg	*

\*Daily Value (DV) not established

<sup>^</sup>Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Organic flax seed oil, gelatin (capsule), glycerin and water

Manufactured for: Douglas Laboratories  
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