

FLAXSEED OIL SOFTGELS

Serving Size: one softgel

200 servings

Amount Per Serving:

Organic Flaxseed Oil: 1000 mg

which typically contains:

Alpha-Linolenic Acid: 585 mg

Linoleic Acid: 150 mg

Oleic Acid: 175 mg

Other fatty acids & phytonutrients: 90 mg

Directions: Take 1 to 2 softgels daily, preferably with meals or as recommended by a health care professional.

Other Ingredients: gelatin, glycerin, St. John's bread extract and caramel color.