

## **FLAXSEED OIL**

Serving Size: one softgel

Servings per Container: 200

Amount Per Serving: % Daily Value

Calories	10	
Calories from fat	10	
Total Fat	1g	2%

Organic Flaxseed Oil: 1000 mg

which typically contains:

Alpha-Linolenic Acid: 450 mg

Linoleic Acid: 110 mg

Oleic Acid: 110 mg

Other fatty acids: 50 mg

Other Ingredients: gelatin, glycerin, caramel color and purified water.

Directions: As an adult dietary supplement, take 1 to 2 softgels daily, preferably with meals, or as recommended by a health care professional.