

FLAX SEED



ORGANIC FLAX SEED OIL

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Reap what you sew! Planted, nurtured and prepared with body benefiting omega-3 fatty acids that help you harvest heart and health benefits – helping you to keep your body's well-being in your own hands.

SUPPLEMENT FACTS

Serving Size: 6 softgels

Servings per container: 20

Amount per Serving	% Daily Value*
Organic Flax Seed Oil	6000 mg (6 g) **
which typically contains:	
Alpha-Linolenic Acid (Omega-3)	2700 mg **
Linoleic Acid (Omega-6)	660 mg **
Oleic Acid (Omega-9)	660 mg **
Other Fatty Acids/Phytonutrients	300 mg **

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established

FLAX SEED BENEFITS:

- Balance cholesterol levels
- Increase metabolic rate
- Reduce inflammation

SUGGESTED USE:

As a dietary food supplement, take two to six softgels daily with a large glass of water.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

3 yr. shelf life

INACTIVE (CAPSULE) INGREDIENTS:

Gelatin, Vegetable Glycerin, Caramel Color.

more info reference { learn more: mlis.com }

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NATURAL THERAPY