Item	**Flax Seed Oil 1000 mg**
Size/Form	90, 120, 200 Softgels
SKU Number	969,971,912
Recommended Daily Dosage	Take 1 softgel with a meal. Up to 3 softgels may be taken daily.



Click here to read frequently asked questions about this product.

• *Supports Cardiovascular Health**

• *Vegetable-Source Omega-3**

Flax Seed Oil *is a rich source of Omega-3 Fatty Acid, alpha linolenic acid, which is necessary for a wide variety of biological processes. Natrol's Flax Seed Oil is manufactured without the use of chemical hexane solvents.**

SUPPLEMENT FACTS

Serving Size: 1 Softgel
Servings Per Container: 90, 120, 200

Ingredient	Amt Per Serving	% Daily Value
Calories	10	
Calories from fat	10	
Total Fat	1g	2%**
Flax Seed Oil	1 g	***
ALA (Alpha Linolenic Acid)	500 mg	***
Linoleic Acid	120 mg	***

Oleic Acid	140 mg	***

**Daily Values are based on a 2000 Calorie Diet.

***Daily value not established.

Other Ingredients

Gelatin, Glycerin, Purified Water.

NO Yeast, Wheat, Corn, Milk, Egg, Soy, Glutens, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives.

Other Information

STORE IN A COOL DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

For product questions, please e-mail customer-service@natrol.com,
or contact a Consumer Relations Representative toll free at
800-2-NATROL (800-262-8765)

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