

Supplement Facts

Serving Size: 3 Softgels

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	25	
Total Fat	3 g	4%
Saturated Fat	<0.5 g	2%
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†

Organic Flax Seed Oil . . . 3 g (3,000 mg) . . . †
(Linum usitatissimum)(Cold-Pressed, Unrefined)

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

† Daily value not established

Other Ingredients: Softgel Capsule [bovine gelatin (BSE-free), organic glycerin, water, organic caramel color].

Manufactured and Distributed by:

Penn Herb Company, Ltd.

Philadelphia, PA 19154-3293

www.PennHerb.com / 215-637-4372

Suggested Use: Take 3 softgels 1 to 2 times daily, with food.

Benefits of Flax Oil:

This plant based source of Omega-3 and other essential fatty acids supports cardiovascular health and promotes the maintenance of healthy skin.*

Caution: For adults only. May be associated with mild temporary gastric disturbances. Consult your physician before use if you are pregnant, nursing, using medication, or have any medical condition, including allergy to flaxseed. Keep out of the reach of children.

Natural color variations may occur.

Keep in a cool, dry place with lid tightly closed.

Not manufactured with: yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients.

Each serving may also provide the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats: Linolenic Acids (Omega-3) 55%; Linoleic Acid (Omega-6) 14%; Oleic Acid (Omega-9) 19%; Other (Saturated) 12%.

Safety Sealed: Do not accept if inner freshness seal is damaged or missing.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

***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.**

Non-GMO



V22299-62A-17708V9