

Supplement Facts

Serving Size: 1 Vcap®

Servings per Container: 60

	Amount per serving	% Daily Value
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Flax (seed).	600 mg.	†
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* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Plant Cellulose (Vcaps®)

Suggested Use: As an addition to the diet, take 1 or 2 capsules, three times daily with water at mealtime.

WARNING: This herb should be ingested only with adequate liquid. Not for use by persons with bowel obstructions.

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

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

Flax Seed is one of the oldest cultivated plants in the world, and it packs a big nutritional punch. These ground seeds will give you heart-healthy Omega-3, an ideal solution if you hate fish. Plus the seeds provide not one, but two sources of fiber: soluble fiber for digestive and bowel functions, while insoluble fiber positively affects cholesterol and blood sugar health, and provides immune-supporting lignans.*

Common uses include:

- Relieves occasional constipation*
- Provides healthful fiber*
- Vegetarian source of Omega-3*
- Softens stool*
- Soothes gastrointestinal and digestive tract discomforts*

Vcaps® is a registered trademark of Capsugel.

*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.

