

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	<2%†
Polyunsaturated Fat	0.5 g	**
Monounsaturated Fat	0 g	**
Organic Flaxseed Oil	1,000 mg (1 g)	**
which typically contains:		
Alpha-Linolenic Acid (Omega-3)	450 mg	**
Linoleic Acid (Omega-6)	110 mg	**
Oleic Acid (Omega-9)	110 mg	**
Other Fatty Acids	50 mg	**

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

** Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Caramel Color, Purified Water.