

USAGE: Take 1 softgel up to 3 times per day, preferably with meals or as directed by your qualified healthcare professional. Keep out of light and store in refrigerator or cool place.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Flaxseed Oil softgels provide the finest source of organic cold-pressed flaxseed oil. These softgels provide a rich source of the omega-3 fatty acid, alpha-linolenic acid (18:3n-3). The flaxseed oil is extracted from organically-grown flaxseeds by an expeller-press, **cold-extraction** method that safeguards the special long chain fatty acids from excessive heat. The oil is also protected from light and oxygen during both extraction and encapsulation.

Jarrow Formulas® Flaxseed Oil is made with organic, unrefined flaxseed oil and contains all the natural constituents found in fresh flaxseed oil.

Keep out of the reach of children.

Jarrow
FORMULAS®

Made With Organic Flaxseed Oil

Flaxseed Oil

Rich Source of
Alpha-Linolenic Acid

1000
MILLIGRAMS

100
SOFTGELS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel
Servings Per Container 100

| | Amount Per Serving | % DV |
|--|--------------------|------|
| Organic Flaxseed Oil (yielding 550 mg Alpha-Linolenic Acid [Omega-3]) | 1,000 mg | † |

† Daily Value not established.

Softgel consists of gelatin, glycerin and water.
No wheat, no gluten, no soybeans, no dairy, no egg,
no fish/shellfish, no peanuts/tree nuts.



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
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Certified Organic by QAI.

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PROD # 111004



Lot #. Best Used Before:

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