

Solgar® Organic Flaxseed Oil provides one of the most concentrated vegan plant sources of Omega 3 Fatty Acids found in nature. Our formula also provides Oleic Acid, an Omega 9 Fatty Acid. Fatty Acids play a role in providing an energy source for the body and support heart, skin, and nerve health.\*

Through a unique cold processing method, the flaxseeds are pressed at very cold temperatures and are processed without solvents. Our oil is filled under a nitrogen blanket to safeguard it from oxygen exposure. Solgar's signature amber glass bottle minimizes light exposure to maintain freshness, efficacy and potency.

Carefully Manufactured by:

Solgar, Inc.  
500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

Certified Organic by QAI

For more information, call toll-free  
1-877-SOLGAR 4, [www.solgar.com](http://www.solgar.com)

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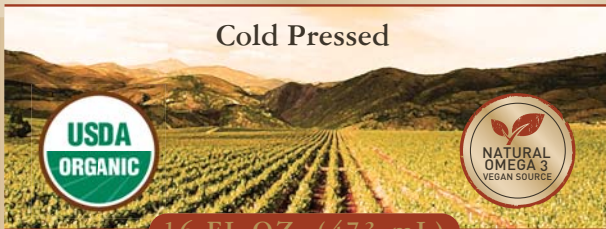
SOLGAR®  
Since 1947

EARTH SOURCE®

ORGANIC  
FLAXSEED OIL

OMEGA 3, 6, & 9

Cold Pressed



16 FL.OZ. (473 mL)

Non-GMO  
SUITABLE FOR VEGANS  
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Tablespoon (15 mL)  
Servings Per Container: about 31

Amount Per Serving		%DV
Calories	130	
Total Fat	14 g	18%**
Saturated Fat	1.5 g	8%**
Polyunsaturated Fat	10 g	***
Monounsaturated Fat	3 g	***
Organic Flaxseed Oil which typically contains:	13,950 mg (13.95 g)	***
Alpha-Linolenic Acid (Omega 3)	6975 mg	***
Linoleic Acid (Omega 6)	1687 mg	***
Oleic Acid (Omega 9)	1994 mg	***
Other Fatty Acids	1004 mg	***

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet

\*\*\*Daily Value (DV) not established

Ingredient: Cold Pressed Organic Flaxseed Oil.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.**

**SUGGESTED USE: SHAKE WELL.** As a dietary supplement for adults, take one (1) tablespoon (15 mL) daily, preferably with a meal, or as directed by a health-care practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if neck seal is missing or damaged. **Refrigerate after opening.**



Solgar's KOF-K certification #K-1250

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

