

Conforms to USP <2091> for weight.  
Meets USP (2040) disintegration.

**KEEP OUT OF REACH OF CHILDREN.**  
Store in a cool, dry place.

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222  
Made in the USA



**GNC**  
SUPERFOODS  
FLAX SEED OIL  
1000MG



DIETARY SUPPLEMENT  
90 SOFTGEL CAPSULES

**CODE 573466** **KQG**  
**Directions:** Each softgel capsule provides 1000 mg of cold-pressed, unrefined flax seed oil, which supplies essential fatty acids, including alpha-Linolenic and linoleic acids. As a dietary supplement, take one softgel capsule daily.

Supplement Facts		
Serving Size One Softgel Capsule		
Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat (as Flax Seed Oil)( <i>Linum usitatissimum</i> )	1 g	2% †
Polyunsaturated Fat	0.5 g	*
† Percent Daily Value based on a 2,000 calorie diet.		
* Daily Value not established.		

**Other Ingredients:** Gelatin, Glycerin.  
**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

Typical Fatty Acid Profile per Capsule:	
alpha-Linolenic Acid (ALA)(Omega-3)	550 mg
Linoleic Acid (LA)(Omega-6)	144 mg
Oleic Acid (OA)(Omega-9)	165 mg
Palmitic Acid	54 mg

Lot No./Expire Date: