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Manufactured by:  
**Douglas Laboratories**  
600 Boyce Road  
Pittsburgh, PA 15205 USA  
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1.800.245.4440

These softgels contain 100% pure, unrefined, organically grown flax seed oil that has been cold pressed.

**Suggested Usage:** As a dietary supplement, adults take 1 softgel daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.  
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

FLX

# Flax Seed Oil

A Dietary Supplement

**DOUGLAS**  
LABORATORIES®

100 Softgels

## Supplement Facts

Serving Size 1 softgel • Servings Per Container 100

Amount Per Serving	%DV
Calories .....	9
Calories from Fat .....	9
Total Fat .....	1 g 2%†
Saturated Fat .....	0 g 0%†
Polyunsaturated Fat.....	1 g *
Omega-3 fatty acids .....	550 mg *
(as alpha-linolenic acid)	
Omega-6 fatty acids (as linoleic acid) ..	160 mg *
Omega-9 fatty acids (as oleic acid) .....	180 mg *

†Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.

Other ingredients: Organic flax seed oil, gelatin (capsule), glycerin, caramel color and water.