

Since 1972

Stock No. 1770 Product of U.S.A.

Manufactured by  
Nature's Sunshine Products Inc., Utah, 84660, USA

Supplied by  
NSPUK, Hortonwood 32, Telford, TF1 7YL, UK

**Flax Seed Oil** is one of the richest sources of omega-3 fatty acids and is a convenient plant-sourced alternative to fish oils.

Flax seed oil is rich in the Omega-3 fatty acid ALA (alpha-linolenic acid), which contributes to the maintenance of normal blood cholesterol levels. NSP's flax seed oil is cold pressed to maintain purity. Contains Lignans.

Close firmly after use - store out of direct sunlight.

**Recommendation:** Take one or two capsules with a meal three times daily.

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# OMEGA 3-6-9

*Essential Fatty Acids Sourced From Flax Seed Oil*

Food Supplement – capsule weight 1456 mg  
10 – 20 day supply

## 60 CAPSULES

Best before end (shown at right of label)  
*Store in a cool, dry place out of reach and sight of children.*

Each softgel capsule\* provides 1000 mg of unrefined flax seed oil (*Linum usitatissimum*):

Omega-3 ..... 450-600 mg  
Omega-6 ..... 130-200 mg  
Omega-9 ..... 140-230 mg

\*The softgel capsules are carob-coated for light resistance.

The ingredients are described in ranges due to natural variations from different flax harvests.

**Ingredients:** Flax seed oil (*Linum usitatissimum*), lignans, capsule shell (gelatin, glycerin, water, carob coating).

*Do not exceed the stated recommended daily dosage. Food Supplements should not be used as a substitute for a balanced diet.*

*Always consult your Doctor or Pharmacist before taking food supplements, when you are on prescribed medication.*

*This bottle is sealed for your protection. Do not use if inner seal is missing or damaged.*



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LOT:  
BBE: