

Manufactured for:  
**Douglas Laboratories**  
600 Boyce Road  
Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)  
1.800.245.4440

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

This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial coloring, artificial preservatives or genetically modified organisms (GMOs)

**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.

Formula #202192

# Flax Seed Oil

A Dietary Supplement



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 (DV) not established.

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

