



Natural Source
Omega 369

1000mg

Food Supplement
Essential Fatty Acids from Flaxseed Oil

Super High Potency
45 Vegetarian Softgels

Manufactured in
England.
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Omega 369

Essential Fatty Acids from
Flaxseed Oil 1000mg

Solo Nutrition's Flaxseed Oil capsules contain high quality cold-pressed Flaxseed Oil. Hexane Free. The most concentrated Omega 3 essential fatty acids found in nature.

These capsules are particularly rich in the Omega 3 essential fatty acids, Alpha Linolenic Acid which contributes to the maintenance of normal blood cholesterol levels if a daily intake of 2g (4 capsules) is taken.

This formulation is particularly suitable for those whose diets exclude fish, or those allergic to fish products.

Food Supplement

No ECRDA established for this product.

Nutritional Information: Each capsule typically provides:

Flaxseed Oil	1000mg
of which:	
Alpha Linolenic Acid (Omega 3)	530mg
Linoleic Acid (Omega 6)	120mg
Oleic Acid (Omega 9)	140mg

INGREDIENTS:

Flaxseed Oil, Modified Corn Starch, Vegetarian Capsule Shell (Glycerol), Eucheuma Seaweed, Sodium Carbonate (anhydrous)
Suitable for Vegetarians and Vegans.

Contains NO: added sugar, salt, starch, lactose, gluten, yeast, flavourings, colourings, preservatives or animal derivatives.

Directions for use:

As a food supplement for adults, take one (1) or two (2) capsules daily. Do not exceed the recommended intake.

Do not use as a substitute for a varied diet and healthy lifestyle.

Tamper resistant outer and cap seal for your added security. Do not use if either are broken. Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children.

Not for use during pregnancy or lactation, unless directed by a health care professional.