

PRODUCT INFORMATION:

Three capsules typically provide:
Alpha Linolenic Acid (omega 3 EFA) 987mg
Linoleic acid (omega 6 EFA) 309mg
Oleic acid (omega 9 FA) 309mg

INGREDIENTS:

Cold-pressed, unrefined flax (Linum usitatissimum) seed oil, capsule: gelatine, glycerine.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, starch, sugar, wheat, yeast.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

This product is not tested on animals.

higher nature

FLAX SEED OIL PLANT SOURCE OMEGA 3

ULTIMATE NUTRITION

FOOD SUPPLEMENT

180
capsules

FLAX SEED OIL

- ✓ **High** in plant source omega 3.
- ✓ Cold pressed flax seed oil providing 50-55% omega 3.
- ✓ With omegas 6 and 9.

DIRECTIONS:

Take 1-3 capsules 3 times a day, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

OEFC180
108



OEFC-318-02



Higher Nature, Burwash Common, East Sussex,
TN19 7LX, UK www.highernature.com