

Supplement Facts

Serving Size 3 Softgels (3.0g)

Amount Per Serving	% Daily Value*
Calories 24	Calories from Fat 22
Total Fat 2.4 g	4%
Saturated Fat 0.2 g	0%
Dietary Fiber 0.6 g	2%
Polyunsaturated Fat 1.7 g	†
Omega-3 1335 mg	†
Omega-6 388 mg	†
Monounsaturated Fats 0.4 g	†
Omega-9 437 mg	†
Flaxseed Particulate 570 mg	†
Lignans (SDG) 4 - 11 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Supplement Facts

Serving Size 1 Tbsp (15 ml)

Amount Per Serving	% Daily Value*
Calories 110	Calories from Fat 110
Total Fat 11 g	19%
Saturated Fat 1 g	5%
Dietary Fiber 1 g	4%
Polyunsaturated Fat 8 g	†
Omega-3 6200 mg	†
Omega-6 1810 mg	†
Monounsaturated Fat 2 g	†
Omega-9 2040 mg	†
Flaxseed Particulate 2660 mg	†
Lignans (SDG) 20-53 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.