

Ingredients per capsule:

% NRV

Flaxseed oil 1000mg Providing (as free fatty acids):

Alpha-Linolenic Acid 500mg

Hydroxypropyl methyl cellulose (capsule shell)

% NRV = Nutrient Reference Value

Allergen information:

Free from allergens and additives.

Suitable for vegans and many of those on a restricted diet.







Directions for use:

Take 1-4 capsules daily or as directed by vour chosen adviser.

Store in a cool, dry environment and out of direct sunlight.

Cautions:

Do not exceed the stated recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Keep out of the reach of children.





