

Linseed Oil (Flax Seed Oil)

- Cholesterol-free
- Nut-free
- Dairy-free
- Gluten-free

To provide a healthy intake of omega-3:

Adults: 2-6 capsules per day

Children: 1 capsule per day

Store in a cool dark place



Naturally pure, Cold-pressed, Linseed Oil Rich in Omega-3 Capsules

Direct from the farm in Sussex. Grown and pressed in the UK



**Can help maintain healthy cells,
healthy cholesterol and heart, shining hair,
healthy skin, supple joints**

Omega-3 is essential for adult health, child development and healthy pregnancy.

Contents 120 x 1000mg Linseed Oil Capsules

Omega-3	ALA, Alpha-linolenic acid	57%
Omega-6	LA, linoleic acid	17%
Omega-9	Oleic acid	19%

Shell: marine gelatine and glycerol



**Please feel free to contact us
for dietary recommendations
for using omega-3**

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