



## Omega-3-6-9 Linseed Oil-Capsules

Dietary supplement

### Interesting facts:

Linseed oil is made from the ripe seeds of the flax plant (*Linum usitatissimum*) by gentle cold-pressing. Linseed oil consists of approximately 90% of unsaturated fatty acids, at what the essential omega-3-fatty acid alpha-linolenic acid (ALA) represents a high proportion.

Also, the precious essential omega-6-fatty acid linoleic acid is contained in linseed oil.

**Ingredients:** Linseed Oil (73 %)\*, Gelatine, humectant Glycerine, Antioxidants added: Tocopherol-rich Extracts

**\*From controlled organic cultivation**

DE-ÖKO-001.

81% of the ingredients of agricultural origin were obtained according to the rules of organic farming.

Each capsule contains **500 mg of pure linseed oil**.

	per capsule	per daily dose (=8 capsules)	per 100 g capsules
linseed oil	500 mg	4000 mg	73 g
of which is fat	500 mg	4000 mg	73 g
of which are			
saturated fatty acids	56 mg	448 mg	8 g
unsaturated fatty acids	444 mg	3552 mg	65 g
of which are			
monounsaturated fatty acids <sup>1</sup>	110 mg	880 mg	16 g
polyunsaturated fatty acids <sup>2</sup>	334 mg	2672 mg	49 g
of which is			
alpha linolenic acid	254 mg	2032 mg	37 g

No nutrient reference value according to VO (EU) No. 1169/2011 has yet been established for the daily intake.

<sup>1</sup> 105 mg/capsule oleic acid.

<sup>2</sup> 80 mg/capsule linoleic acid.

**Recommended dosage:** 2x daily 4 capsules daily taken with meals and swallowed with sufficient liquid. Children under 12 years of age 1 capsule 3x daily as possible over a period of about 4 weeks.

Store in a dry place below 25°C. Protect from light.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle.

Keep out of reach of young children. The recommended daily dose should not be exceeded.

Our cold-pressed linseed oil filtered by rote can still contain suspended solids that can be deposited in the capsules. These turbidities do not have any impact on the durability.

Made in Germany

**Contents 180 capsules = 119 g**

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