Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to the UK market

**FRONT LABEL**

Flaxseed Oil 1000mg (Or Product Own Name - take care not to breach legislation in regard to claims)

Claims (can appear anywhere on pack). You should include at least one approved health claim on the pack as this helps to justify more generic claims such as "healthy".  
  
**HIGH OMEGA-3 FATTY ACIDS**A natural source of Alpha Linolenic Acid which contributes to the maintenance of normal blood cholesterol levels\*

You can search for other Nutrition & Health Claims approved for use in the UK here https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm\_medium=email&utm\_campaign=govuk-notifications&utm\_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm\_content=weekly.

SUITABLE FOR VEGETARIANS OR VEGANS

Food Supplement

1000mg x 90 Softgels

**BACK LABEL**

**Directions:**

Adults, take 1-4 softgels daily, ideally with food and water.

Do not exceed recommended daily dose.

**Product Information:***One softgel typically provides:*Flaxseed Oil 1000mg  
*providing Alpha Linolenic Acid 500mg*

*\* At 4 softgels daily (2g Alpha Linolenic Acid), Alpha Linolenic Acid contributes to the maintenance of normal blood cholesterol levels.*

**Ingredients:**

Organic Flaxseed Oil, Soft Gel Capsule Shell (Carrageenan, Modified Starch, Glycerine).

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle.

Store in a cool dry place, out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice

Name of business name and address of the food business operator

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-HSFLAX$front

Back Label: PL-HSFLAX$back

**Label Size**

970px x 1655px at 600DPI (that's 84mm x 140mm)