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Tamper evident;
use only if seal is intact.

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PLEASE RECYCLE
THIS BOTTLE



WHOLE FOODS™

OmegaForce™

3-6-9 Complex

Supports Healthy Heart,
Skin, Hair and Joints†

840mg of Omega 3, 6 and 9
from 1200mg of
Flaxseed, Borage and
Cold Water Fish Oil

DIETARY SUPPLEMENT • 60 SOFTGELS

DIRECTIONS: TAKE 1 SOFTGEL 1-3 TIMES DAILY WITH MEALS.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories	10
Calories From Fat	10
Total Fat	1g 2%*
Polyunsaturated Fat	.5g **
Monounsaturated Fat	0g **
Cholesterol	5mg 2%*
Vitamin E (as d-Alpha Tocopherol)	5 IU 17%*
Organic Flaxseed Oil	400mg **
Borage Seed Oil	400mg **
Fish Oil (50% Omega-3)	400mg **

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

**Daily Value not established.

OTHER INGREDIENTS: GELATIN, GLYCERIN, SOYBEAN OIL, PURIFIED WATER.

1200mg of Flaxseed, Borage and Fish Oil (one softgel) typically provides the following naturally occurring essential fatty acids:

Omega-3 Fatty Acids, total 420mg:

Alpha Linolenic Acid (ALA), 220mg; Eicosapentaenoic Acid (EPA), 120mg; Docosahexaenoic Acid (DHA), 80mg

Omega-6 Fatty Acids, total 268mg:

Linoleic Acid, 180mg; Gamma Linolenic Acid (GLA), 88mg

Omega-9 Fatty acids, 152mg:

Oleic Acid, 152mg

ALLERGEN INFORMATION: CONTAINS FISH (ANCHOVY, SARDINE) AND SOY INGREDIENTS. GOOD MANUFACTURING PRACTICES USED TO SEGREGATE INGREDIENTS IN A FACILITY THAT ALSO PROCESSES TREE NUT, MILK, EGG, SHELLFISH AND WHEAT INGREDIENTS.

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES.

NOTE: IF YOU ARE PREGNANT OR LACTATING, CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE USING THIS PRODUCT.

**KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.**

† This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.