

Natrol® Omega 3-6-9 Complex combines fatty acids from both grain and marine sources for a healthy balance of essential fats in one single product. This unique combination of essential fatty acids (EFAs) helps support numerous functions in the body including cardiovascular and cognitive health, as well as, healthy skin and hair.†

Natrol® Omega 3-6-9 contains fish oil that is molecularly distilled to remove pesticides, PCBs and heavy metals.

NO Yeast, Wheat, Corn, Milk, Egg, Glutens, Artificial Colors or Flavors, Added Sugar or Starch

Consult your healthcare professional prior to use if you have or suspect a medical condition, or are taking prescription drugs, or are pregnant or lactating. People with allergies to fish should consult their healthcare professional before taking this product.

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

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

ITEM: 998.9119-10195



NATROL® Omega 3-6-9 Complex

Fish, Flax and Borage Oil

- With Fish Oil Distilled for Purity
- Lemon Flavor

90 Softgels

Dietary Supplement



Directions: Take 1 softgel, two times daily, with a meal.

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving		%DV
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Polyunsaturated Fat	0.5 g	**
Monounsaturated Fat	0 g	**
Cholesterol	5 mg	2%*
Omega-3 Fish Oil (anchovy, cod, mackerel, sardine)	400 mg	**
EPA (Eicosapentaenoic Acid)	70 mg	72%***
DHA (Docosahexaenoic Acid)	45 mg	
Flax Oil (<i>Linum usitatissimum</i>) (seed)	400 mg	**
Alpha Linolenic Acid	200 mg	**
Linoleic Acid	50 mg	**
Oleic Acid	60 mg	**
Borage Oil	400 mg	**
GLA (Gamma Linolenic Acid)	70 mg	**
Linoleic Acid	125 mg	**
Oleic Acid	55 mg	**

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

**Daily Value (DV) not established.

***Combined daily value for EPA & DHA.

Other Ingredients: Gelatin, Glycerin, Water, Mixed Natural Tocopherols (as preservative), Natural Lemon Oil.

Manufactured for NATROL, Inc. • Chatsworth, CA 91311 • USA
1 800 2-NATROL (800 262-8765) • www.natrol.com