

ACTUAL SIZE



CODE 1835

V2

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

***This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Omega-3 oils: Alpha Linolenic Acid (ALA) 900 mg
Omega-6 oils: Linoleic Acid and Gamma Linolenic Acid (GLA) 530 mg
Omega-9 oils: Oleic Acid 350 mg

Other oils: Short chain fatty acids, saturated fats, phospholipids, etc. . . 220 mg

Each serving may also provide the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats:

"essential" but does play beneficial roles in human health.

This NOW product provides a balanced blend of two essential polyunsaturated fatty acids (and their derivatives) necessary for many body functions: Omega-3 oil from Flax Seed and Canola, and Omega-6 oil (GLA) from Primrose and Black Currant. Oleic Acid, an Omega-9 oil from Canola and Flax Seed, is a monounsaturated fat not considered "essential" but does play beneficial roles in human health.

SUGGESTED USAGE: As a dietary supplement, take 2 softgels 1 to 3 times daily with meals. Consider taking this product in combination with NOW® Tru-E BioComplex™, CoQ10 and Alpha Lipotic Acid.



Omega 3-6-9

ESSENTIAL FATTY ACIDS

1000 mg

- Supports Cardiovascular Health*
- Hexane Free Nutritional Oils

100 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 2 Softgels Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	< 0.5 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	< 0.5 g	†
Cholesterol	0 mg	0%
Flax Seed Oil (cold pressed, organic) (<i>Linum usitatissimum</i>) (seed)	1400 mg	†
Evening Primrose Oil (cold pressed) (<i>Oenothera biennis</i>) (seed)	300 mg	†
Canola Oil (cold pressed)	260 mg	†
Black Currant Oil (<i>Ribes nigrum</i>) (seed)	20 mg	†
Pumpkin Seed Oil (<i>Cucurbita pepo</i>) (seed)	20 mg	†

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Softgel Capsule (gelatin, glycerin, water, carob).

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Made in the U.S.A. www.nowfoods.com

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.