

ACTUAL SIZE

Store in a cool, dry place. Please Recycle.

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

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

Omega-9 oils: Oleic Acid 350 mg

Omega-6 oils: Linoleic Acid and Gamma Linolenic Acid (GLA) 530 mg

Omega-3 oils: Alpha Linolenic Acid (ALA) 900 mg

of polyunsaturated fats and monounsaturated fats:

Each serving may also provide the following naturally occurring amounts

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg,

shellfish or preservatives.

does play beneficial roles in human health.

and Flax Seed, is a monounsaturated fat not considered "essential" but

from Primrose and Black Currant. Oleic Acid, an Omega-9 oil from Canola

tions: Omega-3 oil from Flax Seed and Canola, and Omega-6 oil (GLA)

urated fatty acids (and their derivatives) necessary for many body func-

This NOW product provides a balanced blend of two essential polyunsat-

NOW® Tru-E BioComplex™, CoQ10 and Alpha Lipic Acid.

times daily with meals. Consider taking this product in combination with

SUGGESTED USAGE: As a dietary supplement, take 2 softgels 1 to 3

ESSENTIAL FATTY ACIDS

1000 mg

250 Softgels

A Dietary Supplement

- Supports Cardiovascular Health*
- Hexane Free Nutritional Oils



Omega 3-6-9

Supplement Facts

Serving Size 2 Softgels Servings Per Container 125

	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