

ACTUAL SIZE



CODE 1839

Manufactured by NOW FOODS, 395 S. Glen Elyn Rd.
Bloomingtondale, 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.

The Natural Fish Oil Concentrate used in this softgel is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants (i.e. mercury, heavy metals, PCB's, dioxins, and other contaminants). Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg, shellfish or preservatives.

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

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

Super Omega-3-6-9 is a blend of Fish, Borage and Organic Flax Seed Oils.

This combination of well-known nutritional oils provides a unique balance of Omega-3 and Omega-6 Essential Fatty Acids plus Omega-9, a non-essential, but beneficial fatty acid. The Omega-3's, Alpha Linolenic Acid, EPA and DHA, and the Omega-6, GLA, are necessary for the maintenance of cardiovascular, nervous system and skin health. Oleic Acid, an Omega-9, has also been shown to promote a healthy vascular system.*

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

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CARDIOVASCULAR HEALTH*

from Borage, Flax Seed & Fish Oil

Super Omega 3-6-9

1200 mg
90 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 2 Softgels Servings Per Container 45

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2.5 g	4%*
Saturated Fat	< 0.5 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	0.5 g	†
Cholesterol	0 mg	0%
Protein	0.5 g	1%*
Vitamin E (as d-alpha Tocopherol with Mixed Tocopherols)	20 IU	67%
Borage Oil (<i>Borago officinalis</i>) (Seed)	800 mg	†
Natural Fish Oil Concentrate	800 mg	†
Organic Flax Seed Oil (<i>Linum usitatissimum</i>) (Seed)	800 mg	†

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

Typical Profile of naturally occurring amounts of fatty acids (per serving)**

Omega-3 Fatty Acids	690 mg	(EPA: 144 mg, DHA: 96 mg)
Omega-6 Fatty Acids	600 mg	(GLA: 160 mg)
Omega-9 Fatty Acids	420 mg	

** per ingredient nutritional profile

Other ingredient: Softgel Capsule (gelatin, glycerin, water).

Contains soy and fish (sardines, anchovies, mackerel) derivatives.