

Nutritional Oils

Your body requires nutritional oils known as essential fatty acids (EFAs) to keep your body finely tuned and running efficiently.

Nutritional Oils is an all-in-one essential oil formula providing Omega 3s (EPA, DHA, ALA) and Omega 6 (GLA).

DIRECTIONS: For adults, take three (3) softgels daily, preferably with a meal. To enhance this product's performance use the ALTRUM *Ultra Daily Enzymes* and *Ultra Multis*. Store in a cool, dry place.

Keep out of reach of children.

Warning: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

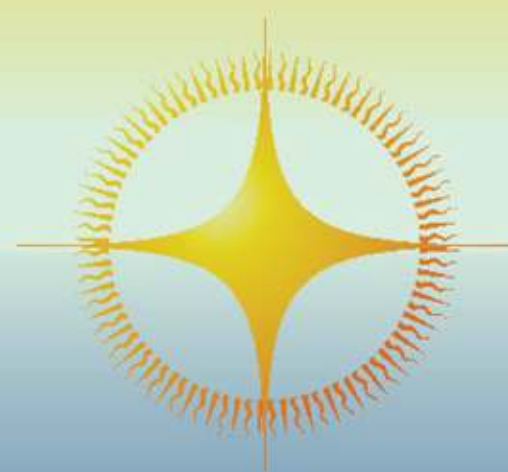
FREE OF: yeast, wheat, milk derivatives, lactose, sugar, preservatives, artificial flavor, sodium (less than 5 mg per serving). Contains molecularly distilled fish ingredients (anchovy, mackerel, sardine).

Distributed by ALTRUM
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Product Code
DNO-01

 **Altrum™**

For A Healthier, More Abundant Life



**NUTRITIONAL
OILS**

FLAX, BORAGE, FISH

**Dietary Supplement
90 Capsules**

Supplement Facts

Serving Size: 3 Softgels
Servings Per Container: 30

Amount Per Serving		%DV*
Calories	40	
Calories from Fat	30	
Total Fat	3.5 g	6%**
Polyunsaturated Fat	2.5 g	**
Monounsaturated Fat	<1 g	**
Cholesterol	10 mg	4%
Vitamin E (as d-Alpha Tocopherol)	15 IU	50%
Fish Oil	1,200 mg	**
Typical Fatty Acid Profile:		
Omega-3 Eicosapentaenoic Acid (EPA)	30-33%	**
Omega-3 Docosahexaenoic Acid (DHA)	20-22%	**
Borage Seed Oil	1,200 mg	**
Typical Fatty Acid Profile:		
Omega-6 Linoleic Acid	33-46%	**
Omega-6 Gamma Linolenic Acid (GLA)	22%	**
Omega-9 Oleic Acid	10-24.5%	**
Flaxseed Oil	1,200 mg	**
Typical Fatty Acid Profile:		
Omega-3 Alpha Linolenic Acid (ALA)	45-65%	**
Omega-6 Linoleic Acid (GLA)	11-24%	**
Omega-9 Oleic Acid	11-24%	**

*Percent Daily Values (DV) are based on a 2000 calorie diet.

** Daily Value (DV) not established.

Other ingredients: gelatin, glycerin, soybean oil, purified water.