

Manufactured for CHK Nutrition
3930 E Calvary Rd
Duluth, MN 55803

Suggested Use: For adults, take 1 softgel up to three times daily preferably with a meal.

Note: If you have any health conditions or are taking any medications, consult your health care practitioner before using this product.

Keep out of reach of children.

Store in a cool, dry place.

Hexane Free

Manufactured in a cGMP certified facility.

Made in USA from domestic and foreign materials 



New Day. Fresh Start. Better Health.

Omega 3 • 6 • 9

90 Softgels
Dietary Supplement

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	% Daily Value
Calories	15
Calories from Fat	10
Total Fat	1g 2% **
Polyunsaturated Fat	0.5g
Vitamin E (as dl-alpha tocopheryl acetate)	5 IU 17%
Fish Oil	400mg *
Omega-3 Fatty Acids	200mg *
EPA (Eicosapentaenoic Acid)	53mg *
DHA (Docosahexaenoic Acid)	34mg *
Organic Flaxseed Oil	400mg *
Typical Fatty Acid Profile:	
Omega-3 Alpha Linolenic Acid (ALA)	180mg *
Omega-6 Linoleic Acid	44mg *
Omega-9 Oleic Acid	80mg *
Borage Seed Oil	400mg *
Typical Fatty Acid Profile:	
Omega-6 Linoleic Acid	140mg *
Omega-6 Gamma Linolenic Acid (GLA)	76mg *
Omega-9 Oleic Acid	56mg *

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

* Daily Value not established

Other ingredients: Gelatin, vegetable glycerin, mixed natural tocopherols, purified water.

Contains fish (anchovy, mackerel, sardine) ingredients.