

Omega 3+6+9 Complete™ is the "multivitamin" of supplement oils, and offers a spectrum of 1,534 mg of Omega fatty acids:

- Omega 3: EPA, DHA, and alpha-linolenic acid, an essential fatty acid
- Omega 6: Linoleic acid, an essential fatty acid
- Omega 9: Oleic acid, a monounsaturated fatty acid

Omega 3 fatty acids are derived from fish, borage seed and flax seed oils to create Country Life's unique supplement of "multivitamin" formulation. Two softgels are packed with 800 mg each of fish oil concentrate, borage seed oil, and flax seed oil.

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

YES CERTIFIED GLUTEN-FREE BY GFCO,ORG
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO YEAST, WHEAT OR CORN
NO MILK, SALT OR SUGAR
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

Lot No:

Best by:



This product has been manufactured at a GMP registered facility.

ESTABLISHED 1971
Country Life

• ULTRA CONCENTRATED • OMEGA 3+6+9 COMPLETE™ Certified Gluten-Free

Helps Support:

- ▶ Cardiovascular Health***
- ▶ Brain Health***
- ▶ Skin Health and Immune System Activity***
- ▶ Natural Lemon Flavored

2 softgels provide:

- Fish Oil - 800 mg Concentrate
- Borage Seed Oil - 800 mg
- Flax Seed Oil - 800 mg

Dietary Supplement **180 Softgels**

Our PLEDGE of INTEGRITY
AUTHENTICITY • CLARITY • HONESTY
CONSISTENCY • ACCURACY



Directions: Adults take two (2) softgels per day. For best utilization take with food. As a reminder, discuss the supplements and medications you take with your health care providers.

Serving Size 2 softgels Servings Per Container 90		% Daily Value
Amount Per Serving		
Calories	25	
Calories from Fat	25	49*
Saturated Fat	0.5 g	10%
Monounsaturated Fat	0.5 g	10%
Polysaturated Fat	1.5 g	26*
Cholesterol	5 mg	10%
Protein	0.1 g	20*
Vitamin E (as dl-alpha tocopherol)	20 IU	40%
Fish Oil Concentrate providing:	800 mg	16
DHA (Docosahexaenoic Acid) (Omega 3)	240 mg	48
DHA (Docosahexaenoic Acid) (Omega 3)	160 mg	32
Borage Seed Oil	800 mg	16
Flax Seed Oil	800 mg	16
USDA Omega-3 Linoleic Acid (Omega 6)	152 mg	30
Linoleic Acid (Omega 6)	270 mg	54
Linoleic Acid (Omega 6)	100 mg	20
Flax Seed Oil	800 mg	16
USDA Alpha-Linolenic Acid (Omega 3)	424 mg	85
Alpha-Linolenic Acid (Omega 3)	100 mg	20
Typically providing:		
Linoleic Acid (Omega 6)	100 mg	20
Other Omega 6s	70 mg	14

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

Other Ingredients: Gelatin, glycerin, purified water (capsule shell), sunflower oil, natural lemon flavor. Contains fish (anchovy, mackerel, sardine, salmon and tuna). 100% bovine gelatin, BSE-free.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hugganville, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 4102

Country Life is passionate about helping you live a healthy, active life.

This extends into the environment we live in and the materials we use in our packaging.

We use 100% recycled paperboard.



PLEASE HELP US IN OUR MISSION:
RECYCLE THIS BOX & BOTTLE AFTER USE.

Also try a long-standing Country Life favorite...
• Supports energy***
• Supports healthy blood circulation***
• Supports healthy skin***
• Now with Metformin

Ultra Concentrated Omega 3+6+9 Complete™

Omega 3+6+9 Complete™ is the "multivitamin" of supplement oils, and offers a spectrum of 1,534 mg of Omega fatty acids:

- Omega 3: EPA, DHA, and alpha-linolenic acid, an essential fatty acid
- Omega 6: Linoleic acid, an essential fatty acid
- Omega 9: Oleic acid, a monounsaturated fatty acid

These Omega fatty acids are derived from fish, borage seed and flax seed oils to create Country Life's unique supplement oil "multivitamin" formulation. Two softgels are packed with 800 mg each of fish oil concentrate, borage seed oil, and flax seed oil.

Each softgel is natural lemon flavored - no fishy taste.

The fish oil, derived from anchovy, sardine, mackerel, herring, salmon, and tuna, has been processed using molecular distillation to ensure its purity. The plant oils were also 100% expeller pressed without hexane or harsh chemicals. This product also does not contain any trans fatty acids. Country Life's Omega 3+6+9 Complete™ is made according to high quality and exacting standards.

At Country Life, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against Country Life's 5 Integrity Standards: 1) authenticity of ingredients; 2) cleanliness of ingredients; 3) freshness of ingredients; 4) consistency of the formula; and 5) accuracy of labeling. Go to CountryLifeVitamins.com to learn more.



Provides 1,534 mg of Omega 3,6 and 9 fatty acids.

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Research with Omega-3 fatty acids supplementation has shown promise in many areas, including:

- Cardiovascular Health***
- Brain Health***
- Skin Health***
- Immune Health***

The body needs eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). To make these, the body requires alpha-linolenic acid (ALA).*** ALA, an Omega-3 essential fatty acid, is converted in the body to the fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).*** Linoleic acid (LA) is an Omega-6 fatty acid that also complements the diet.

When fatty acids such as EPA are present in the body, it becomes a precursor for hormone-like agents known as eicosanoids.*** These help regulate fundamental processes such as cell division and growth, blood clotting, muscle activity, secretion of digestive juices and hormones, and movement of substances like calcium into and out of cells.*** The Omega-3 fatty acid DHA is the major polysaturated fatty acid found in the brain and is important for brain function.*** Synapses are rich in DHA, which suggests that this fatty acid is involved in signal transmission along neurons.***

Country Life's Omega 3+6+9 Complete™ helps to meet daily essential fatty acid (EFA) requirements for the maintenance of good health and a vibrant, active lifestyle.***

People with diets low in fat or heavy in saturated, hydrogenated, or trans-fat may be deficient in EFAs. In just two softgels, Omega 3+6+9 Complete™ is a convenient way to supplement your diet with the EFAs it may be missing.

Also try Country Life's Omega 3 Mod® to support your emotional well-being*** Or if you are expecting or pregnant, try Country Life's Baby Care Prenatal Omega 3+6+9.

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- Fish Oil Concentrate 800 mg
- Borage Seed Oil 800 mg
- Flax Seed Oil 800 mg

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- ▶ Brain Health***
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See box for Lot No. and Best By Date information.

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