

Directions: As a dietary supplement, take one softgel daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Plant-Based Omega-3•6•9 1000 mg Softgels offer healthy essential mono- and polyunsaturated fatty acids from flaxseed, evening primrose and borage oils, which provide copious amounts of the popular alpha- and gamma-linolenic acids plus, oleic acid. Available in easy-to-swallow softgels for maximum assimilation and absorption.

Manufactured for
Bluebonnet Nutrition Corporation
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Sugar Land, TX 77478 USA
www.bluebonnetnutrition.com



Bluebonnet®



Plant-Based Omega-3•6•9

Flax Seed, Evening Primrose
& Borage Oils
Dietary Supplement
90 Softgels



Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Omega-3,6,9 Oil Blend (from flax seed oil, evening primrose oil, borage oil)	1000 mg	*
Omega-3 (alpha-linolenic acid)	290 mg	*
Omega-6 (linoleic acid)	320 mg	*
Omega-6 (gamma-linolenic acid)	50 mg	*
Omega-9 (oleic acid)	100 mg	*

* Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.