

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 CountryLife'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.

*** 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 **NO** YEAST, WHEAT OR CORN
YES RECYCLABLE PACKAGING **NO** MILK, SALT OR SUGAR
YES MANUFACTURING SUPPORTS **NO** PRESERVATIVES
WIND POWER **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 GAP registered facility.

Dietary Supplement

90 Softgels

Our PLEDGE of INTEGRITY™
 AUTHENTICITY • CLEANLINESS • EXTENSIVE
 CONSISTENCY • ACCURACY



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 CountryLife'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. CountryLife's Omega 3-6-9 Complete™ is made according to high quality and exacting standards.

At CountryLife, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against CountryLife'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 polyunsaturated 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.***

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

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NO MAGNESIUM STEARATE

ESTABLISHED 1971
CountryLife

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

Helps Support:

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



2 softgels provide:

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

Supplement Facts

Serving Size 2 softgels
 Servings Per Container 45

Amount Per Serving	% Daily Value
Calories	25
Calories from Fat	25
Total Fat	2.5 g 4%*
Saturated Fat	0.5 g 1%
Monounsaturated Fat	0.5 g 1%
Polysaturated Fat	1.5 g 3%
Cholesterol	0 mg 0%
Protein	0.5 g 1%
Vitamin E (as alpha-tocopherol)	20 IU 67%
Fish Oil Concentrate providing:	800 mg **
EPA (Eicosapentaenoic Acid) (Omega 3)	140 mg **
DHA (Docosahexaenoic Acid) (Omega 3)	160 mg **
Borage Seed Oil providing:	800 mg **
ALA (Gamma-Linolenic Acid) (Omega 6)	152 mg **
Typically providing:	
Linoleic Acid (Omega 6)	270 mg **
Oleic Acid (Omega 9)	109 mg **
Flax Seed Oil providing:	800 mg **
ALA (Alpha-Linolenic Acid) (Omega 3)	424 mg **
Typically providing:	
Linoleic Acid (Omega 6)	100 mg **
Oleic Acid (Omega 9)	79 mg **

* 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, herring, salmon and tuna), 100% bovine gelatin, BSE-free.

Manufactured for CountryLife, LLC
 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
 CountryLifeVitamins.com
 Product No. 4100

ESTABLISHED 1971
CountryLife

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

Over 1,500 mg of Omegas per serving*

2 softgels provide:

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

Helps Support:

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



Dietary Supplement

90 Softgels

Our PLEDGE of INTEGRITY™
 AUTHENTICITY • CLEANLINESS • FRESHNESS
 CONSISTENCY • ACCURACY

Also try a long-standing
 CountryLife favorite...
 Coenzyme B-Complex

- Supports energy***
- Contains essential B Vitamins in its active, "coenzymated" form.
- Now with Methylfolate

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.

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

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Monounsaturated Fat	0.5 g 1%
Polysaturated Fat	1.5 g 3%
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Vitamin E (as alpha-tocopherol)	20 IU 67%
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See box for Lot No. and Best By Date information

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 Manufactured for CountryLife, LLC
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