

Pharmaceutical Grade* • Distilled for Purity

N O R D I C



N A T U R A L S™



Great
lemon taste!



COMPLETE™ OMEGA-3·6·9

Natural Triglyceride Form

**Supports healthy skin, flexible joints,
and strong immune function***

8 Fluid Ounces • 237 Milliliters

Dietary Supplement

Supplement Facts

Serving Size: 1 Teaspoon (5 ml)

Servings per bottle: 48

Amount Per Serving	% Daily Value*	
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	8%
Saturated Fat	1.0 g	5%
Trans Fat	0 g	†
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	Weight‡	Volume %
EPA (Eicosapentaenoic Acid)	675 mg	15%
DHA (Docosahexaenoic Acid)	450 mg	10%
Other Omega-3s	287 mg	6%
Total Omega-3s	1412 mg	31%
Omega-6s	560 mg	12%
GLA (Gamma-Linolenic Acid)	165 mg	4%
Omega-9s	610 mg	13%
OA (Oleic Acid)	400 mg	9%

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established. ‡ Natural Triglycerides less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), borage oil, natural lemon flavor, d-alpha tocopherol, rosemary extract.

Contains vitamin E derived from refined soybean oil.

No gluten, milk derivatives, or artificial colors or flavors.

Please ♻ this container

Complete Omega-3-6-9 liquid combines omega-3 (EPA and DHA), omega-6 (GLA), and omega-9 (oleic acid) fatty acids, derived from a unique blend of fish oil and borage oil. This omega-rich formulation is a convenient and delicious way to support healthy skin, joint flexibility, and strong immune function.*

❖ All Nordic Naturals fish oils surpass all pharmaceutical standards for freshness and purity. Every batch is third-party tested, showing no detected levels of heavy metals, dioxins, or PCBs.

Suggested Use: One teaspoon daily, with food, or as directed by your health care professional or pharmacist.

Do not take if tamper evident seal is broken or missing

Refrigerate after opening

Best if used within 3 months after opening

Warning: Consult with your physician before using this product if you are allergic to iodine, use blood thinners, or anticipate surgery.

Keep out of the reach of children

* 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.

Distributed from the U.S. by:
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