

Omega-3 Fatty Acids: 690 mg (EPA: 144 mg, DHA: 96 mg), Omega-6 Fatty Acids: 600 mg (GLA: 160 mg), Omega-9 Fatty Acids: 420 mg, Other Fatty Acids, Saturated Fats & Phospholipids: 690 mg.

**Suggested Use:** As a dietary supplement, take 2 softgels 1 to 3 times daily with meals.

**Free Of:** sugar, salt, yeast, wheat, gluten, corn, milk, egg, preservatives, and artificial colors.

**Warning:** Caution, please discard the inedible freshness packet enclosed.

**Produced and Distributed By:**  
California Academy of Health (CAOH)

**Web:** [www.caoh.com](http://www.caoh.com)

**Email:** [info@caoh.com](mailto:info@caoh.com)



# Ultra Omega™ 3 - 6 - 9

**From Fish Oil, Flaxseed and Borage**



**180 - 1200 mg Softgels**  
**Dietary Supplement**  
Made in the U.S.A.

## Supplement Facts#

**Serving Size:** 2 Softgels

**Servings Per Bottle:** 90

|                                                              | Amount Per Serving | % Daily Value |
|--------------------------------------------------------------|--------------------|---------------|
| Calories                                                     | 25                 |               |
| Total Fat                                                    | 2.4 g              | 4%            |
| Saturated Fat                                                | < 0.5 g            | 2%            |
| Trans Fat                                                    | 0 g                | **            |
| Polyunsaturated Fat                                          | 1.4 g              | **            |
| Monounsaturated Fat                                          | 0.6 g              | **            |
| Cholesterol                                                  | 0 mg               | 0%            |
| Protein                                                      | < 0.6 g            | < 2%          |
| Vitamin E<br>(as d-alpha Tocopherol - Mixed)                 | 20 IU              | 70%           |
| Borage Oil (Seed)<br>( <i>Borago officinalis</i> L.)         | 800 mg             | **            |
| Fish Oil                                                     | 800 mg             | **            |
| Organic Flaxseed Oil (Seed)<br>( <i>Linum islatissimum</i> ) | 800 mg             | **            |

**Other Ingredients:** Gelatin, Glycerin, and Natural d-alpha Tocopherol with Mixed Tocopherols.

\*\* Percent Daily Value Not Established.

# 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.