

NUTRITION MADE SIMPLE



Natural Omega

3.6.9

*An exclusive formulation
of essential oils for
optimum results*



NO FISH OIL
FOR MAXIMUM PURITY

DIETARY
SUPPLEMENT

8 fluid ounces (236 mL)

WHY CHOOSE OUR OMEGAS?

We use 100% Organic parent (source) cold pressed seed oils. This guarantees our customers the purest and most effective essential fatty acids available. Natural Omega is scientifically formulated to conveniently replenish nutrients you may not be getting from your diet. Our exclusive formula uses a unique combination of organic oils to ensure lasting freshness. There are no additives or preservatives in our Natural Omega Supplement. Healthy For Life has carefully crafted its Natural Omega 3-6-9 to be the best!

HOW OMEGA OILS HELP YOU

Omega 3 and 6 are vital for optimal health and wellbeing. These nutrients are basic building blocks for many of the body's critical functions and have been shown to be beneficial for heart health. Omega oils have also been known to help satisfy your appetite, strengthening the immune system, help with hormone balance and healthier hair, skin and nails.*

Customer Care: 877-535-6158

Manufactured For: Healthy For Life • 3350 160th St. • Des Moines, IA 50322



Supplement Facts

Serving Size 1/2 tsp.

Servings Per Container Approximately 96

	Amount Per Serving	% Daily Value
Calories	19	1%
Calories from Fat	19	1%
Total Fat	2g	3%
Saturated Fat	0.2g	1%
Omega-3 Fatty Acids	300mg	
Omega-6 Fatty Acids	670mg	
Omega-9 Fatty Acids	230mg	

*Daily Values based on a 2000 calorie diet.

INGREDIENTS: Organic flax oil, Organic evening primrose oil, and/or Organic safflower oil, Organic sunflower oil, Organic pumpkin oil, Organic virgin coconut oil, gelatin capsule.

† All oils are 100% certified organic, the capsule is not.

DIRECTIONS FOR USE: Take 1 teaspoon daily. Take 1/2 tsp. in the morning and 1/2 tsp. at lunch or dinner. More may be taken if desired. **Refrigerate after opening.**

* 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.