

Your body requires Nutritional Oils known as essential fatty acids (EFAs) to help maintain cellular health.*

Nutritional Oils is an all-in-one essential oil formula providing Omega 3s (EPA, DHA, ALA) and Omega 6 (GLA).

Directions: For Adults, take three (3) softgels daily, preferably with a meal. To enhance this product's performance use the ALTRUM Ultra Daily Enzymes and Ultra Multis.

Warning: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Contains no: yeast, wheat, milk derivatives, lactose, sugar, preservatives, artificial flavor, sodium (less than 5 mg per serving).

***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.**

Store in a cool, dry place.

Distributed by ALTRUM Nutrition Div. of AMSOIL INC.
Superior, WI 54880 (715) 392-7101

Product Code
DN001

Rev.3

ALTRUM®

Established
1985

Nutritional Oils

FLAX, BORAGE, FISH

Dietary Supplement 90 Softgels

Supplement Facts

Serving Size: 3 Softgels
Servings per Container: 30

	Amount per Serving	% Daily Value***
Calories 40		
Calories from Fat 30		
Total Fat	3.5 g	5%***
Polyunsaturated Fat	1.5 g	**
Monounsaturated Fat	0.5 g	**
Cholesterol	10 mg	4%***
Protein	<1 g	2%***
Vitamin E (as dl-alpha tocopherol acetate)	15 IU	50%
Fish Oil	1.2 g	**
Provides Omega-3 fatty acids Acids (as ethyl esters) comprised of:		
EPA (Eicosapentaenoic Acid)		
DHA (Docosahexaenoic Acid)		
Other Fatty Acids		
Organic Flaxseed Oil	1.2 g	**
Typical Fatty Acid profile:		
Omega-3 - Alpha Linolenic Acid (ALA)		
Omega-6 - Linoleic Acid		
Omega-9 - Oleic Acid		
Borage Seed Oil	1.2 g	**
Typical Fatty Acid profile:		
Omega-3 - Alpha Linolenic Acid (ALA)		
Omega-6 - Gamma Linoleic Acid (GLA)		
Omega-9 - Oleic Acid		

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

** Daily Value not established

Other ingredients: Gelatin, vegetable glycerin, mixed natural tocopherols, purified water.
Contains fish (anchovy, mackerel, sardine). Fish oil purified to reduce mercury.