



# omega 3-6-9 smoothie

orange cream

cardiovascular<sup>▼</sup>

brain<sup>▼</sup> | eye<sup>▼</sup>

smooth texture<sup>▼</sup>

specialty

16 fl. oz. (473 mL)  
dietary supplement

gluten  
free

dairy  
free

nut  
free

## Supplement Facts

Serving Size 1 Tablespoon (15 mL)  
Servings Per Container About 31

|                           | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------|-----------------------|------------------|
| Calories                  | 70                    |                  |
| Total Fat                 | 4.5 g                 | 6%†              |
| Saturated Fat             | 1 g                   | 5%†              |
| Polyunsaturated Fat       | 2.5 g                 | *                |
| Monounsaturated Fat       | 1 g                   | *                |
| Cholesterol               | 15 mg                 | 5%               |
| Total Carbohydrate        | 6 g                   | 2%†              |
| Total Sugars              | 0 g                   | *                |
| Includes 0 g Added Sugars |                       | 0%               |
| Sugar Alcohol             | 5 g                   | *                |

### Omega-3 Polyunsaturated Fat

|                             |        |   |
|-----------------------------|--------|---|
| Alpha Linolenic Acid (LNA)  | 700 mg | * |
| Eicosapentaenoic Acid (EPA) | 365 mg | * |
| Docosahexaenoic Acid (DHA)  | 235 mg | * |

### Omega-6 Polyunsaturated Fat

|                            |        |   |
|----------------------------|--------|---|
| Linoleic Acid (LA)         | 530 mg | * |
| Gamma Linolenic Acid (GLA) | 200 mg | * |

### Omega-9 Monounsaturated Fat

|            |        |   |
|------------|--------|---|
| Oleic Acid | 370 mg | * |
|------------|--------|---|

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

\* Daily Value not established

**Other Ingredients:** Water, Total Omega® Oil Blend (fish oil [anchovy, sardine and/or mackerel], flaxseed oil, borage oil), xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (Vitamin E [as d-alpha tocopherol], canola oil, rosemary extract, ascorbyl palmitate, green tea extract), guar gum, beta carotene, sorbic acid.

**Contains:** Fish (anchovy, sardine and/or mackerel) and Soy.

**Does not contain:** Gluten, Salt, Artificial Colors or Flavors.

**Directions:** Take one (1) tablespoon up to twice daily, preferably with meals. Can be taken straight or can be mixed into juice, yogurt, oatmeal, cottage cheese or blended beverages.

▼ 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.



**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

**The Vitamin Shoppe®'s Omega 3-6-9 Smoothie** is the perfect solution for the whole family. All the benefits of each essential fatty acid with a smoothie taste and texture.<sup>▼</sup>

No large capsules or fish burps!

- Fresh, Pure and Pristine Omegas
- Fresh Pressed Flaxseed Oil and Pure Borage Oil

Third party laboratory tested for purity and potency to ensure you're getting the essential fatty acids you need without harmful environmental contaminants.

Complete Omega 3-6-9 Nutrition

- 1300 mg Omega-3 Polyunsaturated Fat
- 730 mg Omega-6 Polyunsaturated Fat
- 370 mg Omega-9 Monounsaturated Fat

BEST IF REFRIGERATED AFTER OPENING.

Do not freeze.

Do not give to pets.

STORE IN A COOL, DRY PLACE  
KEEP OUT OF REACH OF CHILDREN

TAMPER EVIDENT

Do not use if outer seal is broken or missing.



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