

1699-60  
Rev. 1



**MASON**  **natural**<sup>®</sup>  
EST. 1967

**OMEGA-3-6-9**  
**1,200 MG**

**FISH, FLAX & BORAGE OILS**

**MAY SUPPORT**

**CARDIOVASCULAR HEALTH\***

**60 SOFTGELS • DIETARY SUPPLEMENT**

DIRECTIONS: Adults - Take three softgels daily, preferably with food, as a dietary supplement.

## Supplement Facts

Serving Size 3 Softgels  
Servings Per Container 20

|                                                      | Amount Per Serving | % Daily Value |
|------------------------------------------------------|--------------------|---------------|
| Calories                                             | 40                 |               |
| Calories from Fat                                    | 35                 |               |
| Total Fat                                            | 3.5 g              | 6%*           |
| Saturated Fat                                        | 0.5 g              | 3%*           |
| Polyunsaturated Fat                                  | 2 g                | "             |
| Monosaturated Fat                                    | 1 g                | "             |
| Cholesterol                                          | 10 mg              | 3%            |
| Protein                                              | <1 g               | 2%            |
| Triple Omega 3, 6, 9 Proprietary Blend               | 3600 mg (3.6g)     | "             |
| Organic Flaxseed Oil, Fish Oil, Borage Seed Oil      |                    | "             |
| Typical Fatty Acid Profile:                          |                    |               |
| Omega-3                                              |                    | "             |
| 1,354 mg of Total Omega-3 Fatty Acids comprising of: |                    | "             |
| Eicosapentaenoic Acid (EPA)                          |                    | "             |
| Docosahexaenoic Acid (DHA)                           |                    | "             |
| Alpha Linolenic Acid (ALA)                           |                    | "             |
| Omega-6                                              |                    | "             |
| 296 mg of Total Omega-6 Fatty Acids comprising of:   |                    | "             |
| Linoleic acid                                        |                    | "             |
| Gamma Linolenic Acid (GLA)                           |                    | "             |
| Omega-9                                              |                    | "             |
| 266 mg of Total Omega-9 Fatty Acids Comprising of:   |                    | "             |
| Oleic Acid                                           |                    | "             |

\*Daily Value based on a 2,000 Calorie diet.  
\*\* Daily Value not established

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

OTHER INGREDIENTS: Gelatin, vegetable glycerin, mixed natural tocopherols and purified water.

**ALLERGEN CERTIFICATION** - This product contains fish (anchovy, mackerel, sardine) ingredients and may contain soy.

**GUARANTEED NO ADDED:** Artificial Color, Flavor, or Sweetener, Preservatives, Sugar, Starch, Milk, Lactose, Gluten, Wheat, Yeast, Shellfish, Sodium Free.

**WARNING:** If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your physician before use. Discontinue use and consult your physician if any adverse reactions occur. Keep out of reach of children.

**TAMPER-EVIDENT SEAL:** Do not use product if seal appears tampered.



GLUTEN FREE

Store in a dry place under controlled room  
temperature: 20° - 25°C (68° - 77°F).

Manufactured in the USA for:

**MASON VITAMINS, INC.** Miami Lakes, FL 33014  
1-888-860-5376 • [www.MasonVitamins.com](http://www.MasonVitamins.com)

**Mason Natural<sup>®</sup>** is a registered trademark and  
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LOT/EXP. DATE