

Healthy Solutions for a Better Quality of Life

- Provides a Balanced Blend of Essential Fatty Acids (EFAs) From Borage, Flax & Fish Oils†
- These Nutrients Play an Important Role in Maintaining Heart, Skin, Cell Membrane, & Nerve Health†
- We Guarantee Our Potency & Purity†

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure or prevent any disease.

Keep Out of Reach of Children

SUGGESTED USE: Take 3-5 softgels daily, divided among meals.

CONTAINS NO sugar, starch, artificial colors or flavors, preservatives, corn, yeast, wheat, gluten, egg, or milk products.

seniorlifehealth.com

Healthy Living Inc. Green Valley, NV 800-969-5131



SeniorLife
HEALTH

OMEGA 3-6-9 COMPLETE

A Balanced Blend of
Essential Fatty Acids†

90 SOFTGELS

Omega 3-6-9 from Flax Oil,
Fish Oil & Borage Oil

Dietary Supplement

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value	
Total Calories	13	
Calories from Fat	11	
Total Fat	1 g	1%*
Polyunsaturated Fat	0.5 g	
Vitamin E (as mixed tocopherols)	10 IU	33%
Borage Oil	400 mg	**
Fish Oil	400 mg	**
Flax Oil	400 mg	**
Fatty acid composition:		
Gamma-Linolenic Acid (GLA)	76 mg	**
Alpha-Linolenic Acid (ALA)	212 mg	**
Eicosapentaenoic Acid (EPA)	72 mg	**
Docosahexaenoic Acid (DHA)	48 mg	**
Oleic Acid	154 mg	**
Linoleic Acid	176 mg	**
Total Omega-3 Fatty Acids	332 mg	**
Total Omega-6 Fatty Acids	252 mg	**
Total Omega-9 Fatty Acids	154 mg	**

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

** Daily Value not established.

Other Ingredients: Capsule (gelatin), glycerin.