



non-gmo



no fish oil



gluten free



gmp



safe all ages



Healthy for Life

nutrition made simple

Omega

3·6·9

Parent Omega Oils

120 Capsules (725mg)

Dietary Supplement



www.HealthyForLifeUSA.com

Customer Care: 877-535-6158

Healthy For Life is dedicated to helping people achieve better health. Our products provide essential nutrients often missing from our modern diet and are made with the highest quality organic ingredients.



DIRECTIONS FOR USE: Take 4 capsules daily. Add one capsule for every 40 pounds over 160 pounds of body weight. Store below 80°F.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value*
Calories	30g	2%
Calories from Fat	30g	2%
Total Fat	3g	4%
Saturated Fat	0g	0%

*Daily Values based on a 2000 calorie diet.

INGREDIENTS: Organic flax oil, organic evening primrose oil, organic pumpkin oil, organic sunflower oil, organic virgin coconut oil, gelatin capsules (gelatin, water), vitamin E (mixed tocopherols, to preserve freshness).

Contains: Tree nuts (coconut oil)

Approximate fatty acids per serving

Omega 3 - 600mg, Omega 6 - 1340mg, Omega 9 - 460mg



Made in USA

* 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.

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

Manufactured For:
Healthy For Life
Des Moines, IA 50322



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The Healthy for Life Program



WHY CHOOSE OUR OMEGAS?

We use 100% organic parent (source) cold pressed seed oils. Your body needs mostly parent fatty acids, Omega 6 (LA) and Omega 3 (ALA). Your body can make derivatives such as EPA and DHA as needed from the parent oils. With fish oil products you only get derivatives, this is why Omega 3-6-9 is the most effective omega supplement available.

HOW OMEGA OILS HELP YOU

Parent Omega 3 and 6 are vital for optimal health and wellbeing. These nutrients are basic building blocks for many critical functions such as heart health, satisfy your appetite, strengthening the immune system, help with hormone balance, healthier hair, skin and nails and more.*

WHOLE **HEALTHY** **GOOD**
FOODS **+** FOR LIFE **=** NUTRITION