



non-gmo



no fish oil



gluten free



gmp



safe all ages



Healthy for Life



DIRECTIONS FOR USE: Using the provided spoon, take 3 spoonfuls daily (3/4 tsp). If over 150 lbs, take 1 more spoonful for every 50 lbs. above 150. Store below 80°. Use within 2 months of opening.

nutrition made simple

Omega

3·6·9

Parent Omega Oils

4 fluid ounces (118 mL)

Dietary Supplement



www.HealthyForLifeUSA.com

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

Customer Care: 877-535-6158

* 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.

Supplement Facts

Serving Size 3/4 tsp.

Servings Per Container Approximately 30

	Amount Per Serving	% Daily Value
Calories	30g	1%
Calories from Fat	30g	1%
Total Fat	3g	2%
Saturated Fat	0g	0%

INGREDIENTS: Organic flax oil, Organic evening primrose oil, Organic pumpkin oil, Organic sunflower oil, Organic virgin coconut oil and Vitamin E (Mixed Tocopherols, for freshness).

Contains: Tree Nuts (Coconut)

Approximate fatty acids per serving

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

Manufactured For: Healthy For Life, Des Moines, IA 50322

† All oils are 100% certified organic



Made in USA

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