

Pure and Great Tasting Omega Oils

Pharmaceutical Grade*

Distilled for Purity

Complete Omega-3-6-9 combines Omega-3s (EPA and DHA) and Omega-6 (GLA) to support healthy skin, joint flexibility, and normal fat metabolism.*

*All Nordic Naturals products surpass all national and international pharmaceutical standards for freshness and purity, and are free from heavy metals, dioxins, and PCBs. Every batch is third party tested to guarantee exceptional freshness and purity levels.

Suggested Use: Two soft gels daily, with food, or as directed by your health care professional or pharmacist.

Store in a cool, dry place, away from sunlight

Do not take if tamper evident seal is broken or missing

Product protected by U.S. patent #s 6346231 & 6641837

Warning: Consult with your physician before using this product if you are pregnant, diabetic, allergic to iodine, using blood thinners, or anticipate surgery.

Keep out of the reach of children

* 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.

Manufactured in Norway by:
NORDIC NATURALS, INC.

Distributed in Watsonville, CA 95076

Customer Service: **800.662.2544**

www.nordicnaturals.com

Natural Triglyceride Form

Dietary Supplement



NORDIC NATURALS COMPLETE™ OMEGA-3-6-9

Meets our daily needs for
Healthy Skin and Hair* • Joint Mobility*

120 Soft Gels • 1000 mg Fish Oil with Borage Oil

Supplement Facts

Serving Size: **2 Soft Gels**

Servings per container: **60**

Amount Per Serving	% Daily Value*	
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.4 g	2%
Trans Fat	0 g	†
Vitamin E (d-alpha tocopherol)	30 I.U.	100%

Omega-3s	Weight*	Volume %
EPA (Eicosapentaenoic Acid)	270 mg	15%
DHA (Docosahexaenoic Acid)	180 mg	10%
Other Omega-3s	115 mg	6%
Total Omega-3s	565 mg	31%
Omega-6s	224 mg	12%
GLA (Gamma Linolenic Acid)	66 mg	4%
Omega-9s	244 mg	13%
Oleic Acid (Omega-9)	160 mg	9%

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

† Daily Value not established. ‡ Natural Triglycerides
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), borage oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.
May contain traces of soy or derivatives.

Please ♻ this container

