

Molecularly Distilled | Guaranteed Purity

NORDIC



NATURALS®

Complete Omega™ combines omega-3s EPA and DHA from fish oil with the unique omega-6 gamma-linolenic acid (GLA) from borage seed oil. This blend helps nourish skin, promotes a healthy mood, and supports cognitive function and joint health.\*

Borage (*Borago officinalis*) is a bee-friendly flowering plant with beautiful star-shaped blooms—one of nature's richest sources of GLA.

**Wild caught. Pure. No fishy aftertaste. Friend of the Sea certified.**

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

**Suggested Use:** One teaspoon daily, with food, or as directed by your health care professional or pharmacist.

**Do not take if tamper-evident seal is broken or missing**

**Refrigerate after opening**

**Best if used within 3 months after opening**

**Keep out of the reach of children**

**Nordic Naturals products are never sold under any store brand**

**Warning:** Consult with your physician before using this product if you are allergic to iodine, or use blood thinners.

- ✓ **Radiant Skin\***
- ✓ **Flexible Joints\***
- ✓ **Positive Mood\***

Great  
lemon  
taste!



# COMPLETE™ OMEGA

**1270 mg Omega-3 + 170 mg GLA**  
Fish oil plus borage seed oil for healthy skin,  
joints, and cognition\*

## Supplement Facts

Serving Size: 1 Teaspoon (5 mL)

Servings per bottle: 96

Amount Per Serving	% Daily Value**	
Calories	45	
Total Fat	5 g	6%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Cholesterol	20 mg	7%
Total Omega-3s	1270 mg	†
EPA (Eicosapentaenoic Acid)	610 mg	†
DHA (Docosahexaenoic Acid)	405 mg	†
Other Omega-3s	255 mg	†
Omega-6s	500 mg	†
GLA (Gamma-Linolenic Acid)	170 mg	†
Omega-9s	500 mg	†
OA (Oleic Acid)	400 mg	†

Please Recycle this container

Rev.F-01

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), borage seed oil (*Borago officinalis*), natural lemon flavor, d-alpha tocopherol (antioxidant), rosemary extract (a natural preservative). No gluten, milk derivatives, or artificial colors or flavors.

\* 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.

Fish oil processed in Norway.  
Manufactured in the U.S. by:  
NORDIC NATURALS, Inc.  
111 Jennings Drive  
Watsonville, CA 95076  
**800.662.2544**  
nordicnaturals.com



Superior Triglyceride Form

Dietary Supplement | 16 fl oz (473 mL)