

NUTRITION INFORMATION

Typical values:	Per 100ml	Per 5ml serving
Energy	3797.5kJ 923.7kcal	189.9kJ 46.2kcal
Protein	0g	0g
Carbohydrates	0g	0g
of which:		
- Sugars	0g	0g
Total Fat	95g	4.7g
of which:		
- Saturates	8.9g	0.4g
- Monounsaturates	18g	0.9g
- Polyunsaturates	68g	3.4g
- Cholesterol	0mg	0mg
of which:		
- Alpha Linolenic Acid (omega 3 EFA)	43.6g	2.2g
- Linoleic acid (omega 6 EFA)	24.4g	1.2g
- Oleic acid (omega 9 FA)	18g	0.9g
Fibre	0g	0g
Sodium	0g	0g

INGREDIENTS: Organically grown unrefined flax (*Linum usitatissimum*) seed oil, organically grown unrefined sunflower (*Helianthus annuus*) seed oil, organically grown unrefined extra virgin olive (*Olea europaea*) oil, antioxidant: tocopherol-rich extract.

DOES NOT CONTAIN: sugar, salt, starch, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

This superior PET bottle is 100% stable & non toxic.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

**Ω OMEGA
EXCELLENCE**

Organic Omega 3:6:9 Balance Oil

The perfect 2:1 balance
of omegas 3 & 6
with omega 9

Vegan
350ml



Organic Omega 3:6:9 Balance Oil

350ml

OEBA350

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DIRECTIONS: Take 1-2 teaspoons (5-10ml) a day (adults and children over 3 years). Take 1 teaspoon (5ml) a day (children from 6 months to 3 years).

Use in salad dressings and on vegetables. Not suitable for frying or baking.

Suitable for vegetarians and vegans.

STORE IN A COOL, DARK PLACE.
REFRIGERATE AFTER OPENING
AND CONSUME WITHIN 6 WEEKS.
PACKAGED IN A PROTECTIVE
ATMOSPHERE.



OEBA-310-01



GB-ORG-05
EU/Non EU Agriculture



Batch No:

BBE:

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com