

PRODUCT INFORMATION:

Four capsules typically provide:

EPA	minimum 680mg
DHA	minimum 480mg
GLA (from borage oil)	minimum 180mg
Palmitoleic acid (omega 7) (from sea buckthorn oil)	minimum 43mg
Oleic acid (omega 9) (from virgin olive and sea buckthorn oils)	minimum 112mg

INGREDIENTS: Fish oil [providing minimum 32% eicosapentaenoic acid (EPA) and minimum 22% docosahexaenoic acid (DHA)] (antioxidant: mixed tocopherols), capsule: gelatine (bovine), glycerine; starflower oil (borage) minimum 22% gamma linolenic acid (GLA), virgin olive oil, sea buckthorn oil, antioxidant: d-alpha tocopherol. (Allergens in **bold**)

Our fish oil is scrupulously screened for PCBs and other pollutants to ensure the highest standard of purity possible.

Our borage oil is free from pyrrolizidine alkaloids.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, starch, sugar, wheat, yeast.

This product has not been tested on animals.

HIGHER
NATURE®
EVERYDAY ESSENTIALS

COMPLETE OMEGAS
3:6:7:9

Blend of
all omegas



180 capsules

COMPLETE OMEGAS 3:6:7:9
FOOD SUPPLEMENT - 180 CAPSULES

- ✓ The perfect blend of 4 omega oils
 - ✓ EPA and DHA contribute to normal heart function*
 - ✓ DHA contributes to normal brain function and the maintenance of normal vision*
 - ✓ With GLA from borage and omega 7 from sea buckthorn
 - ✓ With pure fish oils from small wild fish
- * Beneficial effect is obtained with a daily intake of at least 250mg of DHA and EPA

DIRECTIONS: Adults take 4-6 capsules a day, children 13 years and over take 2 capsules a day, with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE: Store in a cool, dry place out of reach of children. No need to refrigerate.

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