Directions: As a dietary supplement, take one or more softgels daily.

Omega 3-6-9 is a blend of oils from fish, Evening Primrose and Flaxseed. This unique blend provides a full spectrum of omega 3, 6 & 9 fatty acids, which support the body's structural maintenance of cell membranes and production of eicosanoids. Eicosanoids are hormone-like substances which help regulate blood pressure, blood clot formation, blood lipids, and immune response.

Contains Soy.

Contains No: Sugar, salt, starch, yeast, corn, lactose, gluten, milk, egg, artificial coloring, flavoring, or preservatives.

Store in a cool, dry place. Do not refrigerate. Please recycle.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

©2015 Manufactured exclusively for Viva Vitamins™ 25908 McBean Pkwy, Valencia, CA 91355 for more information visit www.vivavitamins.com MADE IN THE USA • In God We Trust • Non-GMO Manufactured in an NSF - GMP Certified Facility





OMEGA 3-6-9

essential fatty acids



Support for healthy cardiovascular and immune system function[†]

We always use the freshest food-derived ingredients

premium formulas <a> 250 softgels <a> dietary supplement

Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 250

	Amount Per Serving	%DV*
Calories	9	
Calories from Fat	8	
Total Fat	0.9 g	1.3%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Polyunsaturated Fat	0.5 g	0%
Monounsaturated Fat	0 g	* *
Cholesterol	1 mg	0.3%
Vitamin E	2 IU	6.7%
Omega-3 Fish Oil	498 mg	**
EPA (Eicosapentaenoic Acid)	94.6 mg	**
DHA (Docosahexaenoic Acid)	68.1 mg	**
Evening Primrose Oil	200 mg	**
Gamma-linolenic acid	19.9 mg	**
Linoleic acid	187.6 mg	**
Oleic acid	69.2 mg	**
Flaxseed Oil	300 mg	**
Alpha-linolenic acid	164.3 mg	**

** Percent Daily Value is based upon a 2,000 calorie diet.

** Daily value not established.

Other Ingredients: Soybean oil, gelatin.

Best if used by: