

Over 1,500 mg of Omega fatty acids from fish oil that has been processed using molecular distillation to ensure purity and from plant oils that are 100% expeller pressed without hexane or harsh chemicals.

- **Omega 3:** EPA, DHA, and Alpha-linolenic acid
- **Omega 6:** Essential fatty acid Linoleic acid
- **Omega 9:** Monounsaturated fatty acid Oleic acid

^ 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.

YES	CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO	YEAST, WHEAT OR CORN
YES	RECYCLABLE PACKAGING	NO	MILK, SALT OR SUGAR
YES	MANUFACTURING SUPPORTS WIND POWER	NO	PRESERVATIVES
		NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
		NO	MAGNESIUM STEARATE

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur. **Do not accept if seal is broken.** Store between 59°-86° F. Keep out of the reach of children.

Lot No:

Best by:



This product has been manufactured at a GMP registered facility.

ESTABLISHED
— 1971 —
**Country
Life**

• ULTRA CONCENTRATED •
**OMEGA 3•6•9
COMPLETE™**
Certified Gluten-Free

Helps Support:

- ▶ Cardiovascular Health^
- ▶ Brain Health^
- ▶ Skin Health and Immune System Health^
- ▶ Natural Lemon Flavored!



2 softgels provide:

- Fish Oil - 800 mg Concentrate
- Borage Seed Oil - 800 mg
- Flax Seed Oil - 800 mg

Dietary Supplement **90 Softgels**

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY



Directions: Adults take two (2) softgels per day. For best utilization take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 softgels
Servings Per Container 45

Amount Per Serving	% Daily Value
Calories	25
Total Fat	2.5 g.....3%*
Saturated Fat	0.5 g.....3%*
Monounsaturated Fat	0.5 g.....**
Polyunsaturated Fat	2 g.....**
Cholesterol	<5 mg.....<2%*
Protein	<1 g.....<2%*
Vitamin E (as d-alpha tocopherol).....	13.4 mg (20 I.U.)..... 89%

Fish Oil Concentrate providing:	800 mg.....**
EPA (Eicosapentaenoic Acid) (Omega 3)	240 mg.....**
DHA (Docosahexaenoic Acid) (Omega 3)	160 mg.....**
Borage Seed Oil	800 mg.....**
providing:	
GLA (gamma-Linolenic Acid) (Omega 6)	152 mg.....**
typically providing:	
Linoleic Acid (Omega 6)	270 mg.....**
Oleic Acid (Omega 9)	109 mg.....**
Flax Seed Oil.....	800 mg.....**
providing:	
ALA (alpha- Linolenic Acid) (Omega 3)	424 mg.....**
typically providing:	
Linoleic Acid (Omega 6)	100 mg.....**
Oleic Acid (Omega 9)	79 mg.....**

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

Other Ingredients: Gelatin, glycerin, purified water (capsule shell), sunflower oil, natural lemon flavor. Contains fish (anchovy, mackerel, sardine, smelt and tuna). 100% bovine gelatin, BSE-free.

Manufactured for Country Life, LLC
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CountryLifeVitamins.com
Product No. 4100

05V20ND0N

