

DIRECTIONS: For adults, take three (3) softgels daily, preferably with a meal.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER ITEM # 18519
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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TRIPLE OMEGA 3-6-9

Fish, Flax & Borage Oils

ACTIVE OMEGA-3
Purified to
eliminate mercury
Supports Heart Health*



240 Rapid Release
Softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Softgels

Servings Per Container 80

Amount Per Serving		% Daily Value
Calories	30	
Total Fat	3 g	4%**
Saturated Fat	0.5 g	3%**
Polyunsaturated Fat	2 g	***
Monounsaturated Fat	0.5 g	***
Cholesterol	5 mg	2%
Triple Omega 3-6-9 Proprietary Blend	3,000 mg (3 g)	***
Organic Flaxseed Oil, Ester-Omega® Fish Oil, Borage Seed Oil,		***
Evening Primrose Oil		***
Typical Fatty Acid Profile:		
Omega-3		***
970 mg of Total Omega-3 Fatty Acids comprising of:		***
Eicosapentaenoic Acid (EPA)		***
Docosahexaenoic Acid (DHA)		***
Alpha Linolenic Acid (ALA)		***
Other Fatty Acids		***
Omega-6		***
303 mg of Total Omega-6 Fatty Acids comprising of:		***
Linoleic Acid		***
Gamma Linolenic Acid (GLA)		***
Omega-9		***
240 mg of Total Omega-9 Fatty Acids comprising of:		***
Oleic Acid		***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.
Contains fish (anchovy, herring, mackerel, sardine) ingredients.