



Vitacost Omega 3-6-9 Natural Oil Blend Description

A fish-oil-free, full-spectrum blend of omega fatty acids from natural, plant-based sources.

What is Omega 3-6-9 Natural Oil Blend?

Omega 3-6-9 Natural Oil Blend provides a balance of omega fatty acids from a variety of natural, plant-based sources including flaxseed and algae. It includes alpha linolenic acid (an omega-3 essential fatty acid) along with omega-6 and omega-9 fatty acids. The natural oils in this formula are fish free.

What are the key benefits of Vitacost® Omega 3-6-9 Natural Oil Blend?

- Supports a healthy cardiovascular system.*
- Maintains the health, function and mobility of joints.*
- Provides support for good hormone balance.*
- Supports healthy skin.*

Why is Vitacost® Omega 3-6-9 Natural Oil Blend your everyday essential?

- Fish-free source of omega-3 fatty acids!
- Ideal alternative to omega-3 supplements made from fish that deplete the oceans of wildlife.
- Supplies a blend of omega 3, 6 and 9 fatty acids in one convenient formula.
- Provides exceptional quality at an extraordinary value.

Supplement Facts

Serving Size: 2 Softgels

Servings per Container: 90

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%
Omega 3-6-9 Oil Blend	2000 mg	*
Omega-3 Fatty Acids	920 mg	*
Omega-6 Fatty Acids	460 mg	*
Omega-9 Fatty Acids	400 mg	*

*Daily value not established.

Other Ingredients: Organic flaxseed oil, gelatin, vegetable glycerin, evening primrose oil, rice bran oil, sunflower oil, water, soy lecithin, oat oil and sesame oil.

Contains: Soy.

Warnings

Pregnant or lactating woman, those with diabetes, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Keep out of reach of children.

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Directions

As a dietary supplement, take 2 softgels daily with food or as directed by a healthcare professional.

Keep dry and at room temperature (59° -75°F [15°-24°C]).

Free Of

Milk, eggs, peanuts, tree nuts, crustacean shellfish, fish, gluten, titanium dioxide.

*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.