

THE MOST COMPLETE SOURCE OF EFAs

- 645 mg Omega-9 from flax seed oil and borage oil†

†See Supplement Facts for total fat and cholesterol content.

- Cold pressed botanical oils
- Tested for PCBs, heavy metals (including mercury), and other impurities

KEEP OUT OF REACH OF CHILDREN. Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store in a cool, dry place.

No starch or artificial colors.

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QUESTIONS? 1-800-9NATURE / naturesway.com

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PLEASE
RECYCLE



*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



MEGA 3/6/9

OMEGA BLEND

HEALTHY SKIN, JOINTS, AND CARDIOVASCULAR FUNCTION*



LIME FLAVOR
FISH, FLAX, BORAGE OIL BLEND
90 SOFTGELS DIETARY SUPPLEMENT

RECOMMENDATION: Adults take 3 softgels daily. If you are pregnant, nursing, or taking any medications, consult a health-care professional before use.

Supplement Facts

Serving Size 3 Softgels / Servings per Container 30

Amount per Serving	% DV
Calories	40
Total Fat	4 g 5%†
Saturated Fat	0 g 0%†
Trans Fat	0 g **
Polyunsaturated Fat	2.5 g **
Monounsaturated Fat	1 g **
Cholesterol	<5 mg 2%
Protein	<1 g 2%†
Vitamin E (as d-alpha tocopherol)	20 mg 133%
Proprietary Omega Oil Blend (from Organic Flax Seed Oil, Fish Oil and Borage Seed Oil)	3.7 g **
Omega-3 Fatty Acids	1.44 g **
Alpha-Linolenic Acid (ALA)	885 mg **
Eicosapentaenoic Acid (EPA)	330 mg **
Docosahexaenoic Acid (DHA)	225 mg **
Omega-6 Fatty Acids	705 mg **
Linoleic Acid (LA)	540 mg **
Gamma-Linolenic Acid (GLA)	165 mg **
Omega-9 Fatty Acids as Oleic Acid (OA)	645 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: gelatin (softgel), glycerin, extra virgin olive oil (fruit), purified water, lime oil

Contains fish (anchovy and sardine).