

DIRECTIONS: As a dietary supplement, take 1 softgel three times daily, preferably with a meal.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing. Mfg. in an FDA Registered Facility, using Good Manufacturing Practices (GMPs).
Keep tightly closed.

Store at room temperature; 59°-86° F (15°-30° C).

KEEP OUT OF REACH OF CHILDREN.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

Flax, Borage and Fish oil are the three essential ingredients in a blend of oils designed to provide nutrients for the well-being of the body. Flaxseed oil is one of the richest dietary plant sources of alpha-linolenic acid (Omega-3) and linoleic acid (Omega 6). Borage oil is a rich source of gamma linolenic acid (GLA) which helps regulate a variety of functions in the body. Fish oil is a rich source of Omega-3 fatty acids, EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid). EPA nutritionally supports healthy circulation. DHA nutritionally supports healthy brain, eye and nervous system.

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.

Other ingredients: Gelatin, veg. glycerin, mixed natural tocopherols. Contains fish (anchovy, mackerel, sardine) ingredients.
CAUTION: Do not take this product if you have or have had a recent surgery or bleeding disorder, are a pregnant or lactating woman or are taking blood thinning drugs.

Mfg. for: **Foster Regal Laboratories®**

115 S.C.T. Ct., White House, TN 37188

Made in USA

FOSTER REGAL®

The Best Choice.®

OMEGA
3 • 6 • 9

FLAX-BORAGE-FISH

Providing

Omega-3 • Omega-6 • Omega-9

EPA • DHA • ALA • GLA

Molecularly
Distilled

Mercury
Free

Gluten
Free

Dietary Supplement

90 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% DV
Calories	13
Calories from Fat	10
Total Fat	1 g 2%**
Polyunsaturated Fat	0.5 g ***
Monounsaturated Fat	0.17 g ***
Cholesterol	3.3 mg 1.3%
Protein	<1 g 2%**
Vitamin E (as d-alpha tocopherol)	5 IU 17%

Triple Omega 3,6,9 Proprietary Blend 1200 mg ***

Organic Flaxseed Oil, Fish Oil, Borage Seed Oil

These three oils typically provide the following Fatty Acid Profile:

Omega-3 451 mg Total Omega-3 Fatty Acids comprising of:

Eicosapentaenoic Acid (EPA) ***

Docosahexaenoic Acid (DHA) ***

Alpha Linolenic Acid (ALA) ***

Omega-6 99 mg of Total Omega-6 Fatty Acids comprising of:

Linoleic Acid ***

Gamma Linolenic Acid (GLA) ***

Omega-9 89 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.