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Item No. 10157

Puritan's Pride® PREMIUM

MAXIMUM STRENGTH

TRIPLE OMEGA 3-6-9

Fish, Flax & Borage Oils

ACTIVE OMEGA-3

Purified to eliminate mercury

Supports Heart Health*

ESTER-OMEGA

120 rapid release softgels

DIETARY SUPPLEMENT

TO REORDER ITEM # 10157

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 40

Amount Per Serving		% Daily Value
Calories	40	
Calories from Fat	35	
Total Fat	3.5 g	6%**
Saturated Fat	0.5 g	3%**
Polyunsaturated Fat	2 g	***
Monounsaturated Fat	1 g	***
Cholesterol	10 mg	3%
Protein	<1 g	2%**
Maximum Strength Triple Omega 3,6,9 Proprietary Blend	3,600 mg (3.6 g)	***
Organic Flaxseed Oil, Ester-Omega® Fish Oil, Borage Seed Oil		***
Typical Fatty Acid Profile:		***
Omega-3		***
1,354 mg of Total Omega-3 Fatty Acids comprising of:		***
Eicosapentaenoic Acid (EPA)		***
Docosahexaenoic Acid (DHA)		***
Alpha Linolenic Acid (ALA)		***
Other Fatty Acids		***
Omega-6		***
296 mg of Total Omega-6 Fatty Acids comprising of:		***
Linoleic Acid		***
Gamma Linolenic Acid (GLA)		***
Omega-9		***
265 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, mackerel, sardine) ingredients.

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

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

*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.

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.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical 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.

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www.puritan.com
1-800-645-1030

Carefully Manufactured by
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