

SPRING

VALLEY®

VITAMIN #1 BRAND

Fish, Flax & Borage Oil

contains Omega 3-6-9

✓ Natural Source of
Omega-3, EPA & DHA

HEART HEALTH*

Dietary Supplement

120 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 60

Amount Per Serving		% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%††
Polyunsaturated Fat	1 g	†††
Monounsaturated Fat	0.5 g	†††
Cholesterol	8 mg	3%††
Vitamin E (as dl-Alpha Tocopheryl Acetate)	10 IU	33%
Fish Oil	800 mg	†††
Flaxseed Oil	800 mg	†††

OTHER INGREDIENTS: Gelatin, Glycerin, Mixed Natural Tocopherols.
CONTAINS: FISH (MACKEREL, ANCHOVY, SARDINE) INGREDIENTS
†As Ethyl Esters

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose,
No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No
Sodium (less than 5 mg per serving)

This unique blend delivers Omega 3, 6 and 9, which are important
nutrients for many vital functions in the body. Fish, Flax & Borage Oil
promotes heart health and maintains healthy joints and skin.*
Supportive but not conclusive research shows that consumption of
EPA and DHA omega 3 fatty acids may reduce the risk of coronary
heart disease. One serving of Fish, Flax & Borage Oil provides 800 mg
total of EPA, DHA and other omega-3 fatty acids. See nutrition
information for total fat and cholesterol content.

Amount Per Serving		% Daily Value
Essential Oil Blend	400 mg	†††
(Evening Primrose Oil (seed), Black Currant Oil (seed), Borage Oil (seed))		
These oils typically provide the following Fatty Acid Profile:		
Omega-3 Fatty Acids	800 mg	†††
Alpha Linolenic Acid (ALA)	400 mg	†††
Eicosapentaenoic Acid† (EPA)	220 mg	†††
Docosahexaenoic Acid† (DHA)	140 mg	†††
Other Fatty Acids		†††
Omega-6 Fatty Acids	360 mg	†††
Linoleic Acid	325 mg	†††
Gamma Linolenic Acid (GLA)	50 mg	†††
Omega-9 Fatty Acids (Oleic Acid)	300 mg	†††

††Percent Daily Values are based on a 2,000 calorie diet.
†††Daily Value not established.

SUGGESTED USE: Adults, take two softgels daily, preferably with a meal.
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.
DISTRIBUTED BY: Wal-Mart Stores, Inc.,
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Questions or comments? 1-866-251-1662



✓ Produced under strict quality
guidelines.
✓ Verified by an independent,
ISO 9001:2000 certified laboratory.

UNCONDITIONALLY GUARANTEED BY REFUND
OR REPLACEMENT

*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.

FRESHNESS AND POTENCY GUARANTEED THROUGH:

Item No. 33320
B50766W 07E

KEEP OUT OF THE REACH OF
CHILDREN.
Store at room temperature.
Keep bottle tightly closed.
FOR YOUR PROTECTION, DO
NOT USE IF SEAL UNDER CAP
IS BROKEN OR MISSING.

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