

# Triple Omega



| Supplement Facts                                           |              |
|------------------------------------------------------------|--------------|
| Serving Size 1 softgel                                     |              |
| Amount Per Softgel                                         | %Daily Value |
| Calories 15                                                |              |
| Calories from Fat 15                                       |              |
| Total Fat 1 g                                              | 2%**         |
| Polyunsaturated Fat 1 g                                    |              |
| Vitamin E 4 I.U.                                           | 13%          |
| Total Omega-3 434 mg                                       | *            |
| Total Omega-6 276 mg                                       | *            |
| Total Omega-9 170 mg                                       | *            |
| * Daily Value (DV) not established.                        |              |
| ** Percent Daily Values are based on a 2,000 calorie diet. |              |

**Ingredients:** Fish Oil Concentrate, Flaxseed Oil, Safflower Oil, Gelatin, Glycerin, Olive Oil, Water, d-Alpha Tocopherol, Soybean Oil.

*As ingredients may change from time to time, please check the label on the bottle.*

**Caution:** If you are pregnant or nursing, taking medication, facing surgery, have bleeding problems, or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

No Artificial Colors. No Artificial Flavors. No Preservatives. No Yeast. No Starch. No Gluten.

**Dietary Facts:** The active ingredients in Triple Omega are the omega-3, 6 and 9 fatty acids. Rich dietary sources of the omega-3 fatty acids are cold-water, marine fish including sardines, anchovies, cod, tuna, salmon, halibut, mackerel and herring, as well as plant based sources like almonds, walnuts, flaxseed oil, avocados, and olives. Omega-6 fatty acids are predominantly found in plant based oils including safflower, sunflower, corn, soybean and sesame oil. Pine nuts, pecans and Brazil nuts are also sources of the omega-6 fatty acids. Lastly, omega-9 fatty acids are predominantly found in olive oil as well as other plant-based sources like peanuts, pistachio nuts and cashews.