

**Directions:** As a dietary supplement, take one softgel daily, preferably with a meal or as directed by a healthcare practitioner.

**Bluebonnet's Plant-Based Omega-3•6•9 1000 mg Softgels** offer healthy essential mono- and polyunsaturated fatty acids from flaxseed, evening primrose and borage oils, which have alpha- and gamma-linolenic acids along with, oleic acid for cardiovascular support.♦

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

♦ 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.

Made in USA from domestic and imported ingredients.



# Bluebonnet



## Plant-Based Omega-3•6•9

Flax Seed, Evening Primrose  
& Borage Oils  
Dietary Supplement  
90 Softgels



### Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 90

| Amount<br>Per Serving                                  |         | % Daily<br>Value |
|--------------------------------------------------------|---------|------------------|
| Omega-3,6,9 Oil Blend                                  | 1000 mg | *                |
| (from flax seed oil, evening primrose oil, borage oil) |         |                  |
| Omega-3 (alpha-linolenic acid)                         | 290 mg  | *                |
| Omega-6 (linoleic acid)                                | 320 mg  | *                |
| Omega-9 (oleic acid)                                   | 100 mg  | *                |
| Omega-6 (gamma-linolenic acid)                         | 50 mg   | *                |

\* Daily Value not established.

Other ingredients: Gelatin (bovine), glycerin, purified water.

Manufactured for  
**Bluebonnet Nutrition Corporation**  
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