



**Directions:** Take 1 softgel, two times daily, with a meal.

## Supplement Facts

**Serving Size:** 1 Softgel

**Servings Per Container:** 60

| Amount Per Serving                                 |        | %DV |
|----------------------------------------------------|--------|-----|
| Calories                                           | 15     |     |
| Calories from Fat                                  | 15     |     |
| Total Fat                                          | 1.5 g  | 2%* |
| Saturated Fat                                      | 0 g    | 0%  |
| Trans Fat                                          | 0 g    | **  |
| Polyunsaturated Fat                                | 0.5 g  | **  |
| Monounsaturated Fat                                | 0 g    | **  |
| Cholesterol                                        | 5 mg   | 2%* |
| Omega-3 Fish Oil (anchovy, cod, mackerel, sardine) | 400 mg | **  |
| EPA (Eicosapentaenoic Acid)                        | 70 mg  |     |
| DHA (Docosahexaenoic Acid)                         | 45 mg  |     |
| Flax Oil ( <i>Linum usitatissimum</i> ) (seed)     | 400 mg | **  |
| Alpha Linolenic Acid                               | 200 mg | **  |
| Linoleic Acid                                      | 50 mg  | **  |
| Oleic Acid                                         | 60 mg  | **  |
| Borage Oil                                         | 400 mg | **  |
| GLA (Gamma Linolenic Acid)                         | 70 mg  | **  |
| Linoleic Acid                                      | 125 mg | **  |
| Oleic Acid                                         | 55 mg  | **  |

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

**Other Ingredients:** Gelatin, Glycerin, Water, Mixed Natural Tocopherols (as preservative), Natural Lemon Oil.