

May Support **HEART HEALTH***

Questions or Comments?

We would love to hear about your Member's Mark experience! Call us toll-free at: 1-888-698-5034 from 8:30 a.m. to 5 p.m. EST Mon.-Fri.

**HEALTH
BENEFITS**



HEART*



EYE*



Omega 3-6-9

WITH 1600 mg Omega Fatty Acids

Dietary Supplement

May support heart & cardiovascular health*

Contains **1030 mg** Omega-3s per serving

2
SOFTGELS
PER DAY

ACTUAL SIZE

325 SOFTGELS

*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.

Supplement Facts

Serving Size 2 Softgels
Servings per Container about 162

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	2 g	3%**
Cholesterol	<5 mg	2%
Protein	<1 g	1%**
Flaxseed Oil	1150 mg (1.15 g)	***
Mega Proprietary Blend	1000 mg (1 g)	***
Fish Oil Concentrate, Safflower Oil, Evening Primrose Oil, Extra Virgin Olive Oil, Borage Oil		
Total Omega 3-6-9 Fatty Acids	1600 mg (1.6 g)	***
These oils typically provide the following Fatty Acid Profile		
Total Omega-3 Fatty Acids	1030 mg (1.03 g)	***
Alpha-Linolenic Acid (ALA)	780 mg	***
Eicosapentaenoic Acid (EPA)†	150 mg	***
Docosahexaenoic Acid (DHA)†	100 mg	***
Total Omega-6 Fatty Acids	420 mg	***
Linoleic Acid (LA)	418 mg	***
Gamma-Linolenic Acid (GLA)	2 mg	***
Total Omega-9 Fatty Acids	150 mg	***
Oleic Acid (OA)	150 mg	***

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

***Daily Value not established.

INGREDIENTS: FLAXSEED OIL, FISH OIL, GELATIN, SAFFLOWER OIL, GLYCERIN, PURIFIED WATER USP. CONTAINS 2% OR LESS OF BORAGE OIL, EVENING PRIMROSE OIL, EXTRA VIRGIN OLIVE OIL, NATURAL LEMON FLAVOR.
CONTAINS: FISH (ANCHOVY).

DISTRIBUTED BY: SAM'S WEST, INC.
BENTONVILLE, AR 72716

PRODUCT OF CHINA AND GREECE
BOTTLED IN THE UNITED STATES

Suggested Use: Adults, take two softgels daily with food as a dietary supplement.

Nutrition Information: Omega 3-6-9 is formulated with a unique blend of six nutrient-rich, natural source oils that deliver 1600 mg of essential fatty acids per serving. Each softgel contains natural sourced fish oil, cold-pressed flaxseed oil, safflower oil, borage oil, olive oil and evening primrose oil to deliver 1030 mg of EPA, DHA and ALA Omega-3 fatty acids and 570 mg of essential Omega-6 fatty acids and Omega-9 fatty acids per serving.

Omega-3 fatty acids help support and maintain cardiovascular health and function, and promote and support visual function and eye health.*

Omega-6 and Omega-9 fatty acids help maintain healthy nerve function, activity, and support healthy skin, hair and overall health.*

Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 Fatty Acids may reduce the risk of coronary heart disease.

Keep out of the reach of children. Store at 15°-30°C (59°-86°F).

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

**NO SUGAR • NO SYNTHETIC DYES • NO ARTIFICIAL FLAVORS
NO GLUTEN • NO LACTOSE**

SAFETY-SEALED. DO NOT USE IF PRINTED SEAL UNDER CAP IS CUT, TORN, OR MISSING.

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†As Ethyl Esters

Softgel color may vary.

FRESHNESS AND POTENCY GUARANTEED THROUGH:

142298
518608
SAM651604