

SOURCE NATURALS®



DIETARY SUPPLEMENT

OMEGA 3·6·9

**ESSENTIAL FATTY ACID COMPLEX
FOR HEART AND BRAIN HEALTH***

30 SOFTGELS

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 10

	Amount Per Serving	%DV
Calories	40	
Total Fat	3.5 g	5%*
Cholesterol	10 mg	3%*
Total Carbohydrate	1 g	<1%*
Protein	1 g	2%*
Vitamin E (as mixed tocopherols)	18 mg	120%†
<i>alpha</i> -Linolenic Acid (ALA) [<i>omega</i> -3]	507 mg	†
Linoleic Acid [<i>omega</i> -6]	498 mg	†
Oleic Acid [<i>omega</i> -9]	435 mg	†
Eicosapentaenoic Acid (EPA) [<i>omega</i> -3]	288 mg	†
Docosahexaenoic Acid (DHA) [<i>omega</i> -3]	192 mg	†
<i>gamma</i> -Linolenic Acid (GLA) [<i>omega</i> -6]	180 mg	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: borage seed oil, flax seed oil, fish oil, gelatin, glycerin, and purified water.

Contains fish and soy.

Suggested Use: 3 softgels daily with a meal.

Source Naturals **OMEGA 3.6.9** is a blend of *omega*-3, *omega*-6, and *omega*-9 fatty acids. Docosahexaenoic Acid (DHA) is an *omega*-3 fatty acid which plays a significant role in cerebral development throughout the life cycle, especially during the crucial period of fetal development and infancy. Both DHA and Eicosapentaenoic Acid (EPA) support cardiovascular health and the body's healthy inflammatory response¹. *Gamma*-Linolenic Acid (GLA) is an *omega*-6 essential fatty acid used by our cells to produce soothing PGE1 prostaglandins and preliminary evidence suggests that Oleic Acid, an *omega*-9 essential fatty acid, may help maintain blood pressure levels already in the normal range.*

¹Not all inflammation is associated with disease states. Inflammation is also the body's healthy immune response to life's normal stressors such as strenuous exercise or an occasional high-fat/high-calorie meal. The body's inflammation response to life's occasional, normal stressors is important for optimal health.

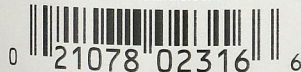
NOTE: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

***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.**

Manufactured for:
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