Chief Originals Ahiflower® Oil is the most convenient way to enhance your intake of plant-based omega fatty acids. The sustainably grown Ahiflower® is packed with an abundance of omega-3 and omega-6 fatty acids, making it a balanced source of these nourishing fatty acids. Our Ahiflower® Softgels offer a remarkable alternative to fish and krill oils, and they're mercury free and non-GMO.

ENTS: Ahiflower® (Buglossoides arvensis) Seed Oil, Vegan Softgel Shell (Non-gmo Modified Cornstarch, Carrageenan, Glycerin, Purified Water), Antioxidants (Rosemary Extract, Natural Tocopherols, Ascorbyl Palmitate).

SUGGESTED USE: Take three softgels per day with food.

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

30 servings per container

Serving size 3 Softgels Amount per serving % DV\*

## Calories

Total Fat 2.25g

AHIFLOWER® (Buglossoides arvensis) Seed Oil

#### **Omega-3 Fatty Acids**

Alpha-Linolenic Acid (ALA) 889ma 358ma

Stearidonic Acid (SDA)

#### **Omega-6 Fatty Acids**

Gamma Linolenic Acid (GLA) 92mg

Linoleic Acid (LA) 187ma

### **Omega-9 Fatty Acids**

Oleic Acid (OA) 124ma

f pregnant or under a doctor's care, consult your physician before using this product. Do not use if the safety seal is broken. Keep out of reach of children

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Daily Value not established