

SOFTGEL SIZE



CODE 1673

V1

\*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.

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

**SUGGESTED USAGE:** As a dietary supplement, take 1-3 softgels daily with food.

NOW® Omega-7 is a molecularly distilled fish oil with 26% Palmitoleic Acid, an Omega-7 fatty acid (FA) that is naturally found in a variety of plant seeds such as macadamia nuts and sea buckthorn. It is also normally found in the skin, liver, and mucous membranes. Palmitoleic Acid is actively being studied for its role in glucose and liver fatty acid metabolism, as well as for its effects on pancreatic beta cell function. Its mechanism of action is different from that of omega-3 FA and it has been suggested that dietary Omega-7 may help to maintain the proper regulation of internally synthesized palmitoleic acid for fatty acid balance.\*



# Omega-7

NUTRITIONAL OIL

- 224 mg Omega-7 Palmitoleic Acid per Softgel
- Fatty Acid Balance\*
- Molecularly Distilled

60 Softgels

A Dietary Supplement



## Supplement Facts

Serving Size 3 Softgels

Servings Per Container 20

|                                           | Amount<br>Per Serving | % Daily<br>Value |
|-------------------------------------------|-----------------------|------------------|
| Calories                                  | 25                    |                  |
| Calories from Fat                         | 25                    |                  |
| Total Fat                                 | 2.5 g                 | 4%*              |
| Saturated Fat                             | 1 g                   | 5%*              |
| Trans Fat                                 | 0 g                   | †                |
| Polyunsaturated Fat                       | 1 g                   | †                |
| Monounsaturated Fat                       | 0.5 g                 | †                |
| Cholesterol                               | 10 mg                 | 3%               |
| Palmitoleic Acid<br>(Omega-7 Ethyl Ester) | 672 mg                | †                |

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water). Contains fish (menhaden).

Formulated & Distributed by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
For more product information visit [www.nowfoods.com/1673](http://www.nowfoods.com/1673)  
Not manufactured with yeast, wheat, gluten, milk, egg, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.  
Store in a cool, dry place after opening. Please Recycle.  
**Do Not Eat Freshness Packet. Keep in Bottle.**