

**Other Ingredients:** Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.

Contains fish (anchovy, herring, mackerel, sardine) ingredients.  
†As Ethyl Esters

**DIRECTIONS:** For adults, take three (3) softgels daily, preferably with a meal.

**WARNING:** If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer seal is broken or missing.



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO REORDER ITEM # 51254**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

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**PURITAN'S PRIDE, INC.**  
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 Puritan's Pride

# TRIPLE OMEGA 3-6-9 Fish & Flax Oils

**ACTIVE OMEGA-3**

Purified to  
eliminate mercury

Supports Heart Health\*



120 rapid release  
softgels

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 3 Softgels

Servings Per Container 40

Amount Per Serving		%Daily Value
Calories	30	
Total Fat	3 g	4%**
Polyunsaturated Fat	1 g	***
Cholesterol	15 mg	5%
Proprietary Blend (Flaxseed Oil, Ester-Omega® Fish Oil)	3,000 mg (3 g)	***
Typical Fatty Acid Profile:		
Omega-3		***
Alpha Linolenic Acid (ALA) (45%)	675 mg	***
Eicosapentaenoic Acid† (EPA) (27%)	405 mg	***
Docosahexaenoic Acid† (DHA) (18%)	270 mg	***
Omega-6		***
Linoleic Acid (11%)	165 mg	***
Omega-9		***
Oleic Acid (11%)	165 mg	***

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

\*\*\*Daily Value not established.