

This exceptional product is a blend of Fish, Flax and Borage Oils, which contains polyunsaturated fatty acids your body needs.* Fish and Flax oils provide Omega-3 fatty acids (ALA, EPA & DHA) which are important for promoting heart health.* This product also includes Omega-6 and Omega-9 fatty acids.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical 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 seal under cap is broken or missing.

 **Nutrition Questions or Comments?**
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*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.



Prod. No. 10151 B52362 151

NATURE'S BOUNTY

Fish, Flax, Borage

1200mg | Omega 3-6-9

Promotes Heart Health*

RAPID RELEASE LIQUID SOFTGEL



Purified to Eliminate Mercury, PCBs & Dioxins

60 softgels

DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 20

Amount Per Serving	%Daily Value	
Calories	40	
Calories from Fat	35	
Total Fat	3.5 g	6%**
Saturated Fat	0.5 g	3%**
Polyunsaturated Fat	2 g	c***
Monounsaturated Fat	1 g	***
Cholesterol	10 mg	3%
Protein	<1 g	2%**

Triple Omega 3,6,9 Proprietary Blend	3,600 mg (3.6 g)	***
Organic Flaxseed Oil, Fish Oil, Borage Seed Oil		***
Typical Fatty Acid Profile:		
Omega-3		***
1,354 mg of Total Omega-3 Fatty Acids comprising of:		***
Eicosapentaenoic Acid (EPA)		***
Docosahexaenoic Acid (DHA)		***
Alpha Linolenic Acid (ALA)		***
Other Fatty Acids		***
Omega-6		***
296 mg of Total Omega-6 Fatty Acids comprising of:		***
Linoleic Acid		***
Gamma Linolenic Acid (GLA)		***
Omega-9		***
266 mg of Total Omega-9 Fatty Acids comprising of:		***
Oleic Acid		***

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

***Daily Value not established.

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

Contains fish (anchovy, mackerel, sardine) ingredients.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**

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