

THE MOST COMPLETE SOURCE OF EFAs

- 645 mg Omega-9 per serving from flax seed oil and borage oil†

†See Supplement Facts for total fat and cholesterol content.

- Cold pressed botanical oils
- Tested for PCBs, heavy metals (including mercury), and other impurities

KEEP OUT OF REACH OF CHILDREN. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

No starch or artificial colors.

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QUESTIONS? 1-800-9NATURE / naturesway.com

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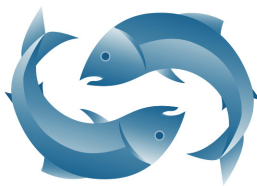
*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



MEGA 3/6/9

OMEGA BLEND

HEALTHY SKIN, JOINTS, AND CARDIOVASCULAR FUNCTION*



LIME FLAVOR FISH, FLAX, BORAGE OIL BLEND

180 SOFTGELS DIETARY SUPPLEMENT

RECOMMENDATION: Adults swallow 3 softgels daily. Do not chew. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 3 Softgels / Servings per Container 60

Amount per Serving		% DV†
Calories	40	
Total Fat	4 g	5%†
Saturated Fat	0 g	0%†
Trans Fat	0 g	**
Polyunsaturated Fat	2.5 g	**
Monounsaturated Fat	1 g	**
Cholesterol	<5 mg	2%
Protein	<1 g	2%†
Vitamin E (as d-alpha tocopherol)	20 mg	133%
Proprietary Omega Oil Blend (from Organic Flax [seed] Oil, Fish Oil, and Borage [seed] Oil)	3.7 g	**
Omega-3 Fatty Acids	1.44 g	**
Alpha-Linolenic Acid (ALA)	885 mg	**
Eicosapentaenoic Acid (EPA)	330 mg	**
Docosahexaenoic Acid (DHA)	225 mg	**
Omega-6 Fatty Acids	705 mg	**
Linoleic Acid (LA)	540 mg	**
Gamma-Linolenic Acid (GLA)	165 mg	**
Omega-9 Fatty Acids as Oleic Acid (OA)	645 mg	**

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

**Daily Value not established.

OTHER INGREDIENTS: gelatin (softgel), glycerin, extra virgin olive oil (fruit), purified water, lime oil
Contains fish (anchovy and sardine).