

NATURE'S TRUTH®

VITAMINS

Triple

OMEGA 3-6-9

FISH, FLAX, BORAGE

3,600 mg PER SERVING

PURIFIED TO ELIMINATE MERCURY



200 QUICK RELEASE SOFTGELS

DIETARY SUPPLEMENT



MAY REDUCE THE RISK OF CORONARY HEART DISEASE†

Supplement Facts

Serving Size: 3 Quick Release Softgels
Servings Per Container: 66

Amount Per Serving	%Daily Value	
Calories	30	
Total Fat	3.5 g	4%**
Saturated Fat	0.5 g	3%**
Polyunsaturated Fat	2 g	*
Monounsaturated Fat	1 g	*
Fish Oil	1,200 mg (1.2 g)	*
Typical Fatty Acid Profile:		
Omega-3 Eicosapentaenoic Acid (EPA)	16-22%	*
Omega-3 Docosahexaenoic Acid (DHA)	10-14%	*
Flaxseed Oil	1,200 mg (1.2 g)	*
Typical Fatty Acid Profile:		
Omega-3 Alpha-Linolenic Acid (ALA)	40-60%	*
Omega-6 Linoleic Acid (LA)	12-18%	*
Omega-9 Oleic Acid (OA)	12-18%	*
Borage Oil	1,200 mg (1.2 g)	*
Typical Fatty Acid Profile:		
Omega-6 Linoleic Acid (LA)	30-40%	*
Omega-6 Gamma-Linolenic Acid (GLA)	19-26%	*
Omega-9 Oleic Acid (OA)	12-18%	*

*Daily Value not established.

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

OTHER INGREDIENTS: Gelatin, Vegetable Glycerin.
Contains fish (anchovy, mackerel, sardine) ingredients.

DIRECTIONS: For adults, take three (3) quick release 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. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Keep away from children. Store in a cool, dry place.

†Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.

NO Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO

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