

Suggested Usage: Take 2 softgels daily with a meal.

Omega 3-6-9 is a blend of flax seed, evening primrose, canola, black currant and pumpkin seed oils. NOW combines these well-known nutritional oils to create balanced proportions of omega-3, omega-6 and omega-9 fatty acids. The omega-3, alpha-linolenic acid (ALA), and the omega-6, GLA, play important roles in the maintenance of healthy skin and immune system function.* Dietary oleic acid, a monounsaturated omega-9 fatty acid, has been associated with healthy cardiovascular function.*

***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 taking medication or have a medical condition. Keep out of reach of children.

Each serving may also have the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats:

Omega-3 [Alpha-Linolenic Acid (ALA)] 45%;
Omega-6 [Linoleic Acid and Gamma-Linolenic Acid (GLA)] 26.5%; Omega-9 [Oleic Acid] 17.5%;
Other (short chain fatty acids, saturated fats, phospholipids, etc) 11%

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

SOFTGEL SIZE

CODE 1835 V7



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Omega 3-6-9 1000 mg

Essential Fatty Acids

- Blend of Five Nutritional Oils
- Healthy Skin and Immune Support*

100 Softgels



A Dietary Supplement

HEXANE-FREE



Nutritional Oils

Family owned since 1968.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%*
Saturated Fat	< 0.5 g	2%*
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	< 0.5 g	†
Flax Seed Oil (cold-pressed, organic)	1.4 g (1,400 mg)	†
Evening Primrose Oil (cold-pressed) (seed)	300 mg	†
Canola Oil (cold-pressed, non-GMO) (seed)	260 mg	†
Black Currant Oil (cold-pressed) (seed)	20 mg	†
Pumpkin Seed Oil (cold-pressed)	20 mg	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water, caramel color, carob powder).

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

