

Other Ingredients: Capsule (gelatin), glycerin.
SUGGESTED USE: Take one softgel up to five times daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish.

Ultimate Omega Complex™ softgels provide a balanced blend of essential fatty acids (EFAs) from borage, fish, and flax oils sourced from non-GMO supplies. These nutrients play an important role in maintaining heart, skin, cell membrane, and nerve health.[†]

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†] 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.



OMEGA-3 COMPLEX +

Provides a Balanced Blend of
Essential Fatty Acids[†]

Dietary Supplement
90 SOFTGELS

Manufactured for: **Harmonía, LLC**
Milwaukee, WI 53211



Supplement Facts

Serving Size 1 Softgel

Servings Per Container 90

Amount Per Serving	% Daily Value
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Total Calories	10	
Calories from Fat	10	
Total Fat	1 g	1%*
Polyunsaturated Fat	0.5 g	
Vitamin E (as mixed tocopherols)	10 IU	33%
Borage Oil 400 mg **		
Fish Oil [from Anchovies (<i>Engraulis ringens</i>), Sardines (<i>Sardinops sagax</i>), and/or Mackerel (<i>Trachurus symmetricus</i>)] 400 mg **		
Flax Oil 400 mg **		
Fatty acid composition:		
Gamma-Linolenic Acid (GLA)	76 mg	**
Alpha-Linolenic Acid (ALA)	212 mg	**
Eicosapentaenoic Acid (EPA)	72 mg	**
Docosahexaenoic Acid (DHA)	48 mg	**
Oleic Acid	154 mg	**
Linoleic Acid	176 mg	**
Total Omega-3 Fatty Acids 332 mg **		
Total Omega-6 Fatty Acids 252 mg **		
Total Omega-9 Fatty Acids 154 mg **		

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

** Daily Value not established.

KEEP OUT OF REACH OF CHILDREN.

VL 138-90L