

Over 1,500 mg of Omega fatty acids from fish oil that has been processed using molecular distillation to ensure purity and from plant oils that are 100% expeller pressed without hexane or harsh chemicals.

- Omega 3: EPA, DHA, and essential fatty acid *alpha*-linolenic acid
- Omega 6: Essential fatty acid Linoleic acid
- Omega 9: Monounsaturated fatty acid Oleic acid

^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.

- | | | | |
|-----|-----------------------------------|----|--|
| YES | CERTIFIED GLUTEN-FREE BY GFCO.ORG | NO | YEAST, WHEAT OR CORN |
| YES | RECYCLABLE PACKAGING | NO | MILK, SALT OR SUGAR |
| YES | MANUFACTURING SUPPORTS | NO | PRESERVATIVES |
| | WIND POWER | NO | ARTIFICIAL COLORS, FLAVORS OR SWEETENERS |
| | | NO | MAGNESIUM STEARATE |

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur. **Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.**

Lot No: **19L004B**

Best by: **10/22**



This product has been manufactured at a GMP registered facility.



ESTABLISHED
- 1971 -

Country Life

• ULTRA CONCENTRATED •
OMEGA 3•6•9
COMPLETE™
Certified Gluten-Free

Helps Support:

- ▶ Cardiovascular Health^
- ▶ Brain Health^
- ▶ Skin Health and Immune System Health^
- ▶ Natural Lemon Flavored!



2 softgels provide:

- Fish Oil - 800 mg Concentrate
- Borage Seed Oil - 800 mg
- Flax Seed Oil - 800 mg

Dietary Supplement : **180 Softgels**

— Our **PLEDGE of INTEGRITY** —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY



Directions: Adults take two (2) softgels per day. For best utilization take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 softgels
Servings Per Container 90

Amount Per Serving	% Daily Value
Calories	25
Total Fat	2.5 g.....3%*
Saturated Fat	0.5 g.....3%*
Monounsaturated Fat	0.5 g.....**
Polyunsaturated Fat	2 g.....**
Cholesterol	<5 mg.....<2%*
Protein	<1 g.....<2%*
Vitamin E (as d-alpha tocopherol).....	13.4 mg (20 I.U.)..... 89%
Fish Oil Concentrate providing:	800 mg.....**
EPA (Eicosapentaenoic Acid) (Omega 3)	240 mg.....**
DHA (Docosahexaenoic Acid) (Omega 3)	160 mg.....**
Borage Seed Oil	800 mg.....**
providing:	
GLA (<i>gamma</i> -Linolenic Acid) (Omega 6)	152 mg.....**
typically providing:	
Linoleic Acid (Omega 6)	270 mg.....**
Oleic Acid (Omega 9)	109 mg.....**
Flax Seed Oil.....	800 mg.....**
providing:	
ALA (<i>alpha</i> - Linolenic Acid) (Omega 3)	424 mg.....**
typically providing:	
Linoleic Acid (Omega 6)	100 mg.....**
Oleic Acid (Omega 9)	79 mg.....**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell), sunflower oil, natural lemon flavor. Contains fish (anchovy, mackerel, sardine, smelt and tuna). 100% bovine gelatin, BSE-free.

Manufactured for Country Life, LLC
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