## **NUTRITIONAL OILS**

Omega 3-6-9 Essential Fatty Acids

**BLEND OF FIVE NUTRITIONAL OILS** 



A Dietary Supplement 100 Softgels

Non-

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Serving Size 2 Soligers	Servings rei container 30	Contanie	3
	_	Amount Per Serving	% Daily Value
Calories		20	
Total Fat		29	3%.
Saturated Fat		< 0.5 g	5%.
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)	(peed) (pess	300 mg	+
Canola Oil (cold-pressed, non-GMO) (seed)	SMO) (seed)	260 mg	+
Black Currant Oil (cold-pressed) (seed)	(seed)	20 mg	+
Pumpkin Seed Oil (cold-pressed)	(p	20 mg	+
<ul> <li>Percent Daily Values are based on a 2,000 calorie diet</li> </ul>	a 2,000 calorie	diet.	

cool, dry place

Natural color variation may Each serving may

This product and pumpk create ball fatty acids. GLA, play in

pumpkin

oils.

mpkin seed balanced

Suggested Usage: Take

product is a blend of flax seed, evening primrose, canola,

combine thes

well-known

omega-6 and or (ALA).

oils to nega-9

omega-6, omega-

ions of omega-alpha-linolenic a

maintenance

cardiovascular

2 softgels daily with a meal.

fatty acids. The omega-3, alpha-linole GLA, play important roles in the mainte system function.\* Dietary oleic acid, a acid, has been associated with healthy

\*These statements have not been evaluated by the This product is not intended to diagnose, treat,

od and Drug Administration or prevent any disease.

have

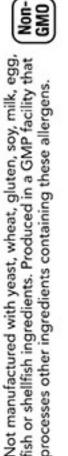
Caution: For adults only. Consult physician if taking medication cal condition. Keep out of reach of children.

may also have the following naturally

ega-6 [Linoleic Acid and Gamma-Acid] 17.5%; Other (short chain

occurring amounts of poly

ALTRUM Nutrition Div. of AMSOIL INC. Superior, WI 54880 Superior, WI 5488 (715) 392-7101 Distributed by



processes other ingredients containing these allergens

water,

gelatin, glycerin,

apsule (bovine

Softgel

Other