

**Bluebonnet's Plant-Based Omega-3•6•9 Vegetarian Softgels** are formulated with an organic blend of flaxseed, evening primrose and borage oils that deliver important mono- and polyunsaturated fatty acids - gamma-linolenic acid (GLA), alpha-linolenic acid, and oleic acid to support heart health. Cold pressed without the use of chemical solvents.♦

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten, barley, rice, sodium and sugar.

Made in USA from domestic and imported ingredients.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

♦ 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.



**Bluebonnet**

**Plant-Based  
Omega-3•6•9**

Made with Organic Flax Seed,  
Evening Primrose & Borage Oil

**Heart Health ♦**

**NOW IN  
VEGETARIAN  
SOFTGELS**

**NON  
GMO  
Project  
VERIFIED**  
nongmoproject.org



Dietary Supplement **90** Vegetarian  
Softgels

**Directions:** As a dietary supplement, take one vegetarian softgel daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

## Supplement Facts

Serving Size 1 Vegetarian Softgel

Servings Per Container 90

| Amount Per Serving                                                                                           | % Daily Value |      |
|--------------------------------------------------------------------------------------------------------------|---------------|------|
| Calories                                                                                                     | 10            |      |
| Total Fat                                                                                                    | 1 g           | 2%** |
| Organic Omega-3,6,9 Oil Blend<br>(organic flaxseed oil, organic evening<br>primrose oil, organic borage oil) | 1000 mg       | *    |
| Omega-6 (linoleic acid)                                                                                      | 320 mg        | *    |
| Omega-3 (alpha-linolenic acid)                                                                               | 290 mg        | *    |
| Omega-9 (oleic acid)                                                                                         | 100 mg        | *    |
| Omega-6 (gamma-linolenic acid)                                                                               | 50 mg         | *    |

\*\*Percent Daily Value based on a 2,000 calorie diet.

\*Daily Value not established.

Other ingredients: Capsule (modified food starch, glycerin, carrageenan, sorbitol, purified water).

Manufactured for  
**Bluebonnet Nutrition Corporation**  
12915 Dairy Ashford  
Sugar Land, TX 77478 USA  
[bluebonnetnutrition.com](http://bluebonnetnutrition.com)

