



PLEASE HELP US IN OUR MISSION;
RECYCLE THIS BOX & BOTTLE AFTER USE.

Like/Follow us on our social platforms for new product news, recipes, giveaways and more!

Tag us for a chance to be featured.

@CountryLifeVitamins



- Also try a long-standing Country Life favorite... Coenzyme B-Complex
- Supports increased energy production*
- Supports sugar metabolism*
- With Benfotiamine, PQQ and NADH

Omega-3 fatty acids supplementation helps to meet daily essential fatty acid (EFA) requirements and has shown promise in many areas.



ALA

The body requires Alpha-linolenic acid (ALA) to make Omega-3 fatty acids, EPA and DHA.^^

EPA

Precursor for hormone-like agents that regulates:

- cell division & growth^
 - blood clotting & muscle activity^
- secretion of digestive juices and hormones^
- movement of calcium in and out of cells.^^

DHA

Major fatty acid found in the brain^

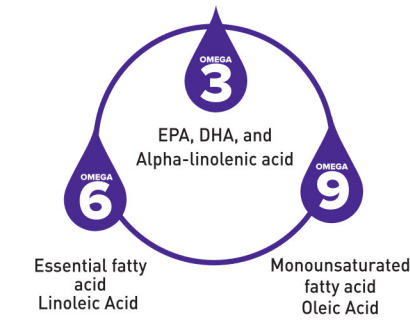
- important for brain function^
- involved in signal transmission along neurons.^^

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

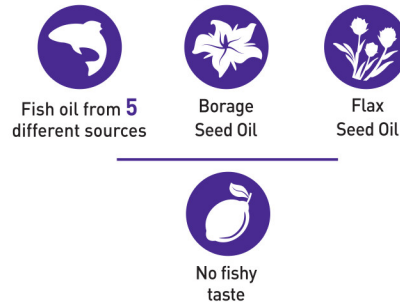
^Includes 1,422 mg of Omega 3,6 and 9 fatty acids per serving.

^^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.

Over 1,400 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.



2 Softgels provide:



At Country Life, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against Country Life's 5 Integrity Standards: 1) authenticity of ingredients; 2) cleanliness of ingredients; 3) freshness of ingredients; 4) consistency of the formula; and 5) accuracy of labeling. Go to CountryLifeVitamins.com to learn more.



ULTRA CONCENTRATED OMEGA 3-6-9 COMPLETE™

Certified Gluten-Free

Over 1,400 mg of Omegas per serving^o

2 softgels provide:



Fish Oil Concentrate
800 mg

Borage Seed Oil
800 mg

Flax Seed Oil
800 mg

Helps Support:

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



Dietary Supplement | 90 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

Amount Per Serving	% Daily Value	
Serving Size 2 softgels Servings Per Container 45		
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:		
EPA (Eicosapentaenoic Acid) (Omega 3)	800 mg	**
DHA (Docosahexaenoic Acid) (Omega 3)	240 mg	**
Borage Seed Oil	160 mg	**
Flax Seed Oil	800 mg	**
providing:		
ALA (gamma-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 (alpha-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.

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.

See box for Lot No. and Best By Date information

This product has been manufactured at a GMP Registered facility.

MADE IN USA WITH GLOBALLY SOURCED INGREDIENTS

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Manufactured for Country Life, LLC
180 Vanderbilt Motor Parkway
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com • Product No. 4100

