



Omega 3-6-9 1200 mg

ESSENTIAL FATTY ACIDS

ONCE DAILY
DIETARY SUPPLEMENT

60 Softgels

Thompson
SINCE 1932

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

DIRECTIONS: Use only as directed. Take one softgel up to four times daily with a meal or glass of water. Refrigerate after opening.

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	15	*
Calories from Fat	10	*
Total Fat	1 g	2%*
Cholesterol	<5 mg	<1%*
Vitamin E (as mixed tocopherols)	10 IU	33%
Borage Seed Oil (Supplying 128 mg Linoleic Acid [Omega 6], 76 mg Gamma Linolenic Acid [Omega 6] and 78 mg Oleic Acid [Omega 9])	400 mg	†
Fish Oil (Supplying 72 mg EPA [Eicosapentaenoic Acid] [Omega 3] and 48 mg DHA [Docosahexaenoic Acid] [Omega 3])	400 mg	†
Flax Seed Oil (Supplying 212 mg Alpha Linolenic Acid [Omega 3], 47 mg Linoleic Acid [Omega 6] and 75 mg Oleic Acid [Omega 9])	400 mg	†

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

†Daily Value not established.

Other Ingredients: Softgel capsule (gelatin, glycerin).

Discussion: Thompson® Omega 3-6-9 provides a balanced blend of essential fatty acids to supplement the typical North American diet.

Our own laboratory analysis guarantees purity and freshness of all THOMPSON® products.

Mfd. for NutraPure, Inc.

www.nutraPure.com

Comments or Questions:

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