

SOFTGEL SIZE



CODE 1837
V4

Each serving may also provide the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats:
Omega-3 (Alpha Linolenic Acid (ALA)) 45%; Omega-6 (Linoleic Acid and Gamma Linolenic Acid (GLA)) 26.5%; Omega-9 (Oleic Acid) 17.5%; Other (short chain fatty acids, saturated fats, phospholipids, etc) 11%

Caution: For adults only. Consult physician if 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.

SUGGESTED USAGE: As a dietary supplement, take 2 softgels 1 to 3 times daily with food.
This NOW product has a balanced blend of two essential polyunsaturated fatty acids (and their derivatives) necessary for many body functions: Omega-3 oil from Flax Seed and Canola, and Omega-6 oil (GLA) from Primrose and Black Currant. Oleic Acid, an Omega-9 oil from Canola and Flax Seed, is a monounsaturated fat not considered "essential" but does play beneficial roles in human health.*



Omega 3-6-9

ESSENTIAL FATTY ACIDS

1000 mg

- Supports Cardiovascular Health*
- Hexane Free Nutritional Oils

250 Softgels
A Dietary Supplement



Supplement Facts

Serving Size 2 Softgels Servings Per Container 125

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	< 0.5 g	2%*
Trans Fat	0 g	†
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)	300 mg	†
Canola Oil (cold pressed) (seed)	260 mg	†
Black Currant Oil (seed)	20 mg	†
Pumpkin Seed Oil	20 mg	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, water, glycerin, caramel/carob powder).

NOW FOODS
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www.nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.