

SOFTGEL SIZE



CODE 1835

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. Do Not Eat Freshness Packet. Keep in Bottle.

*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.

does play beneficial roles in human health.*

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.*

SUGGESTED USAGE: As a dietary supplement, take 2 softgels 1 to 3 times daily with food.



Omega 3-6-9

ESSENTIAL FATTY ACIDS

1000 mg

- Supports Cardiovascular Health*
- Hexane Free Nutritional Oils

100 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 2 Softgels Servings Per Container 50

	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.