

## PRODUCT INFORMATION

Four capsules typically provide:

EPA	minimum 680mg
DHA	minimum 480mg
GLA	minimum 180mg
Palmitoleic acid (omega 7) (from sea buckthorn oil)	minimum 36mg
Oleic acid (omega 9) (from virgin olive & sea buckthorn oils)	minimum 112mg

**INGREDIENTS:** Fish oil [providing minimum 34% eicosapentaenoic acid (EPA) and minimum 24% docosahexaenoic acid (DHA)] (antioxidant: mixed tocopherols), capsule: gelatine, glycerine; starflower oil (borage) minimum 22% gamma linolenic acid (GLA), virgin olive oil, sea buckthorn oil, antioxidant: natural vitamin E (d-alpha tocopherol).

**DOES NOT CONTAIN:** sugar, salt, starch, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

**This product is not tested on animals.**



**Charitable organisations policy:** supplements regularly donated

HIGHER NATURE®  
PREMIUM NATURALS

OMEGAS  
3:6:7:9

A PERFECT BLEND OF ALL OMEGAS

240 capsules  
FOOD SUPPLEMENT

OMEGAS 3:6:7:9

240 capsules

**DIRECTIONS:** Take 4-6 capsules a day (children under 6 years, 2 capsules a day (capsule may be snipped and contents sprinkled onto food), older children 2-6 capsules a day), with meals, or as your health professional advises. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

- ✓ EPA & DHA contribute to normal heart function.\*
- ✓ DHA contributes to normal brain function.\*
- ✓ DHA contributes to the maintenance of normal vision.\*

\*Beneficial effect is obtained with a daily intake of at least 250mg of DHA and EPA.

This premier quality oil is scrupulously screened for PCBs and other pollutants to ensure the highest standard of purity possible.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality. No need to refrigerate

**HIGHER NATURE** Burwash Common, East Sussex, TN19 7LX, UK  
www.highernature.com

OEO240

106



OEO-278-03