

PRODUCT INFORMATION

Three capsules typically provide:

Alpha Linolenic Acid (omega 3 EFA)	1212mg
Linoleic acid (omega 6 EFA)	678mg
Oleic acid (omega 9 FA)	501mg

INGREDIENTS: Unrefined flax (*Linum usitatissimum*) seed oil, capsule: gelatine, glycerine; unrefined oils: sunflower (*Helianthus annuus*) seed, extra virgin olive (*Olea europaea*); antioxidant: natural mixed tocopherols.

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.

This superior PET jar is 100% stable & non toxic.



Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

Ω OMEGA EXCELLENCE

Omega 3:6:9 Balance Oil 1000mg

The perfect 2:1
balance of
omegas 3 & 6

120 capsules
FOOD SUPPLEMENT

Omega 3:6:9 Balance 120 capsules

✓ ALA helps support normal blood cholesterol levels (beneficial effect gained with daily intake of 2g).

DIRECTIONS: Take 1-3 capsules 3 times a day, 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.

This 100% Certified Organic special blend of cold-pressed oils provides the perfect 2:1 balance of Omega 3 and Omega 6, with added Omega 9, in convenient, easy-to-swallow, soft gelatine capsules. The essential omegas 3 and 6 are not produced in the body, so need to be taken in daily within the diet or by supplementation.

This jar 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.

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