

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 32% eicosapentaenoic acid (EPA) and minimum 22% docosahexaenoic acid (DHA)] (antioxidant: mixed tocopherols (from **soya**)), capsule: gelatine, glycerine; starflower oil (borage) minimum 22% gamma linolenic acid (GLA), virgin olive oil, sea buckthorn oil, antioxidant: d-alpha tocopherol (from **soya**).

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

This product is not tested on animals.



HIGHER NATURE®
PREMIUM NATURALS

COMPLETE OMEGAS 3:6:7:9

A PERFECT BLEND OF ALL OMEGAS

30 capsules
FOOD SUPPLEMENT

COMPLETE OMEGAS 30 capsules 3:6:7:9

- ✓ 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.

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.

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
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