

## 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

# COMPLETE OMEGAS 3:6:7:9

A PERFECT BLEND OF ALL OMEGAS



180 capsules  
FOOD SUPPLEMENT

**COMPLETE OMEGAS** 180 capsules  
OEO180

106  
^

031013104657

5  
OEO-278-03

- ✓ 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.

Jar 1 PET Lid 5 PP

**HIGHER NATURE** Burwash Common, East Sussex, TN19 7LX, UK  
[www.highternature.com](http://www.highternature.com)