

**PRODUCT INFORMATION**

Four capsules typically provide:

|                                                                  |               |
|------------------------------------------------------------------|---------------|
| EPA                                                              | minimum 680mg |
| DHA                                                              | minimum 480mg |
| GLA                                                              | minimum 180mg |
| Palmitoleic acid (omega 7)<br>(from sea buckthorn oil)           | minimum 36mg  |
| Oleic acid (omega 9)<br>(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



**COMPLETE OMEGAS  
3:6:7:9**

**A PERFECT BLEND OF ALL OMEGAS**



**180 capsules  
FOOD SUPPLEMENT**

**COMPLETE OMEGAS 180 capsules**  
**3:6:7:9**      QEO180

- ✓ 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.

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