

## Nutritional Oils

Your Body requires nutritional oils known as essential fatty acids (EFAs) to help maintain cellular health.†

**Nutritional Oils** is an all-in-one essential oil formula providing Omega 3s (EPA, DHA, ALA) and Omega 6 (GLA).

**DIRECTIONS:** For Adults, take three (3) softgels daily, preferably with a meal. To enhance this product's performance use the ALTRUM *Ultra Daily Enzymes* and *Ultra Multis*. Store in a cool, dry place.

Keep out of reach of children.

**Warning:** If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**FREE OF:** yeast, wheat, milk derivatives, lactose, sugar, preservatives, artificial flavor, sodium (less than 5 mg per serving). Contains fish (anchovy, mackerel, sardine). Fish oil is purified to eliminate mercury.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Distributed by **ALTRUM Nutrition Div.**  
of **AMSOIL INC.**

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Product Code

**DNO-01**

# ALTRUM®



## NUTRITIONAL OILS

### FLAX, BORAGE, FISH

### Dietary Supplement

### 90 Capsules

## Supplement Facts

Serving Size 3 Softgels

Servings per Container 30

	Amount per Serving	% Daily Value
<b>Calories 40</b>		
Calories from Fat 30		
<b>Total Fat</b>	3.5 g	5%*
Polyunsaturated Fat	1.5 g	**
Monounsaturated Fat	0.5 g	**
<b>Cholesterol</b>	10 mg	4%*
<b>Protein</b>	< 1 g	2%*
Vitamin E (as dl-alpha tocopherol acetate)	15 IU	50%*
<b>Fish Oil</b>	1.2 g	**
Provides 600 mg of Total Omega-3 Fatty Acids (as ethyl esters) comprised of:		
EPA (Eicosapentaenoic Acid) (26.5-30%)		
DHA (Docosahexaenoic Acid) (17-20%)		
Other Fatty Acids		
<b>Organic Flaxseed Oil</b>	1.2 g	**
Typical Fatty Acid profile:		
Omega-3 - Alpha Linolenic Acid (ALA) (45-58%)		
Omega-6 - Linoleic Acid (11-18%)		
Omega-9 - Oleic Acid (11-19%)		
<b>Borage Seed Oil</b>	1.2 g	**
Typical Fatty Acid profile:		
Omega-3 - Linolenic Acid (35-42%)		
Omega-6 - Gamma Linoleic Acid (GLA) 19%		
Omega-9 - Oleic Acid (14-20%)		

\* Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

Other ingredients: Gelatin, vegetable glycerin, mixed natural tocopherols, Contains fish (anchovy, mackerel, sardine).

Fish oil is purified to eliminate mercury.