

This exceptional product is a blend of Fish, Flax and Borage Oils, which contain the polyunsaturated fatty acids your body needs.* Borage Oil is a rich source of Omega-6 fatty acids, including gamma-linolenic acid (GLA), and supports cellular and metabolic health.* Fish and Flax oils are premium sources of Omega-3 fatty acids (ALA, EPA & DHA) which are important for promoting heart health.* This product also includes Omega-9 fatty acids.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit
www.NaturesBounty.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Prod. No. 10151 B50830 14H

NATURE'S BOUNTY

Fish, Flax, Borage

1200mg | Omega 3-6-9

**Promotes
Heart Health***

**PURIFIED TO
ELIMINATE
MERCURY**

**RAPID RELEASE
LIQUID SOFTGEL**



60 softgels

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) softgel three times daily, preferably with meals.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	0.5 g	***
Cholesterol	<5 mg	1%
Vitamin E (as dl-Alpha Tocopherol Acetate)	5 IU	17%
Fish Oil	400 mg	***
provides 200 mg of Total Omega-3 Fatty Acids†		***
comprising of:		
Omega-3 - Eicosapentaenoic Acid (EPA)	26.5-30%	***
Omega-3 - Docosahexaenoic Acid (DHA)	17-20%	***
Other Fatty Acids		***
Organic Flaxseed Oil	400 mg	***
Typical Fatty Acid Profile:		
Omega-3 - Alpha Linolenic Acid (ALA)	45-58%	***
Omega-6 - Linoleic Acid	11-18%	***
Omega-9 - Oleic Acid	11-19%	***
Borage Seed Oil	400 mg	***
Typical Fatty Acid Profile:		
Omega-6 - Linoleic Acid	35-42%	***
Omega-6 - Gamma Linolenic Acid (GLA)	19%	***
Omega-9 - Oleic Acid	14-20%	***

**Percent 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) ingredients.

†As Ethyl Esters

Carefully Manufactured by **NATURE'S BOUNTY, INC.**

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