

Plant-Sourced Omega 3-6-9™ is a unique plant-based formula that delivers a full-spectrum of Omega fatty acids to support your daily nutritional needs.*

• **Plant-Based Oils** – This balanced blend of Omega 3, 6 and 9 is sourced exclusively from flax, pumpkin, safflower and black currant seed oils. As part of a healthy daily regimen, these plant-based oils can help to nourish your body's vital organs and promote optimal health and wellbeing.*

• **Essential Fatty Acids** – These "good fats" are required on a daily basis and must be obtained through diet or supplementation.* Research demonstrates that essential fatty acids play a vital role in the body - from cardiovascular maintenance and immune health to optimal joint and cognitive function.*

• **Eco-Friendly Omega** – The ingredients in this formula not only support whole body health, but have been derived from eco-friendly resources and support efforts toward a green and sustainable future.*

For added benefit, we've included Lecithin as a dietary source of phospholipids – a major structural component of healthy cell membranes.* Plus, we've added Vitamin E to preserve the purity and freshness of the Omega oils.

What makes us different:



Liquid Soft-Gels - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gels provide an optimum delivery system.



Quality Assurance - Irwin Naturals' is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.



Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.



Patented BioPerine® - BioPerine® enhances the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Call Consumer Affairs 1-800-297-3273
Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com

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

"Good Fats"
From Plants!



Plant-Sourced Omega 3•6•9™



Whole-Plant EFA Omega Oils:

Pumpkin Seed • Flax Seed
Black Currant • Safflower

90 LIQUID SOFT-GELS
DIETARY SUPPLEMENT

DIRECTIONS: (Adult) Take three (3) Liquid Soft-Gels daily with a meal.

Supplement Facts

Serving Size: 3 Liquid Soft-Gels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	30	
Calories from Fat	30	
Total Fat	3 g	5%**
Saturated Fat	0 g	0%**
Trans Fat	0 g	†
Vitamin E (as d-Alpha Tocopherol)	30 IU	100%
Alpha-Linolenic Acid (Omega-3)(as Flax Seed oil and Black Currant oil (seed))	1050 mg	†
Oleic Acid (Omega-9)(as Flax Seed oil, Safflower oil (seed), Pumpkin Seed oil and Black Currant oil (seed))	442 mg	†
Linoleic Acid (Omega-6)(as Flax Seed oil, Black Currant oil (seed), Pumpkin Seed oil and Safflower oil (seed))	375 mg	†
Soy Lecithin	300 mg	†
Gamma-Linolenic Acid (Omega-6) (as Black Currant oil (seed))	37 mg	†
BioPerine Complex BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)	6 mg	†

**Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, St. John's bread and titanium dioxide.

Contains: Soy

#BioPerine® is a registered trademark of Sabinsa Corporation

No preservatives added.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
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