

Fish-Free Omega Plant-Based Oils*

Research demonstrates that essential fatty acids play a vital role in the body – from cardiovascular maintenance and immune health to healthy joint and mental function.* Essential fatty acids cannot be produced by the body and therefore must be derived from food sources or supplementation.

Fish-Free Omega Plant-Based Oils® is a robust blend of Black Currant Seed, Flax Seed, Safflower Seed and Pumpkin Seed. This product delivers a wide spectrum of essential and non-essential fatty acids to support your nutritional needs.*

Fish-Free Omega Plant-Based Oils® benefits tissue and cellular health to support overall wellness.* It offers a simple and easy-to-swallow delivery form in convenient Liquid Soft-Gels.

Usage Warning: 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.

Available Exclusively in Fine Health Food Stores Everywhere



To join our Wellness Club and receive tips on how to improve your health, please visit us at www.NaturesSecret.com/wellness1

*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.

Fish-Free Omega Plant-Based Oils®

*Heart Health, Joint Mobility,
Brain Function, Immune Health and More**

*Alpha-Linolenic Acid is a precursor to
EPA & DHA in the body**



90 LIQUID SOFT-GELS • DIETARY SUPPLEMENT

FISH-FREE OMEGA PLANT-BASED OILS*

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%
Fish-Free Omega Blend	1904 mg	†
Alpha-Linolenic Acid (as Flax Seed oil and Black Currant oil (seed)), Oleic Acid (as Flax Seed oil, Safflower oil (seed), Pumpkin Seed oil and Black Currant oil (seed)), Linoleic Acid (as Flax Seed oil, Black Currant oil (seed), Pumpkin Seed oil and Safflower oil (seed)), Gamma-Linolenic Acid (as Black Currant oil (seed))		
Soy Lecithin	300 mg	†
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**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

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