

Suggested Usage: Take 2 softgels daily with a meal.

Omega 3-6-9 is a blend of Flax Seed, Evening Primrose, Canola, Black Currant and Pumpkin Seed Oils. NOW combines these well-known nutritional oils to create balanced proportions of Omega-3, Omega-6 and Omega-9 fatty acids. The Omega-3, Alpha Linolenic Acid (ALA), and the Omega-6, GLA, play important roles in the maintenance of healthy skin and immune system function.* Dietary Oleic Acid, a monounsaturated Omega-9 fatty acid, has been associated with healthy cardiovascular function.*

*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.

Caution: For adults only. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

Each serving may also have the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats:

Omega-3 [Alpha Linolenic Acid (ALA)] 45%; Omega-6 [Linoleic Acid and Gamma Linolenic Acid (GLA)] 26.5%; Omega-9 [Oleic Acid] 17.5%; Other (short chain fatty acids, saturated fats, phospholipids, etc) 11%

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

CODE 1837 V5



7 33739 01837 3

SOFTGEL SIZE



Omega 3-6-9 1000 mg

Essential Fatty Acids

- Blend of Five Nutritional Oils
- Healthy Skin and Immune Support*

250 Softgels

A Dietary Supplement HEXANE-FREE



Nutritional Oils

Family owned since 1968.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 125

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	< 0.5 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	< 0.5 g	†
Flax Seed Oil (cold-pressed, organic)	1.4 g (1,400 mg)	†
Evening Primrose Oil (cold-pressed) (seed)	300 mg	†
Canola Oil (cold-pressed, non-GMO) (seed)	260 mg	†
Black Currant Oil (cold-pressed) (seed)	20 mg	†
Pumpkin Seed Oil (cold-pressed)	20 mg	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, water, glycerin, caramel powder, carob powder).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

