

Suggested Usage: Take 2 softgels daily with food.

Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.

Super Omega 3-6-9 is a blend of Fish, Borage and Flax Seed Oils. This combination of well-known nutritional oils has a unique balance of Omega-3 and Omega-6 Essential Fatty Acids plus Omega-9, a non-essential, but useful fatty acid.* The Omega-3's, Alpha Linolenic Acid, EPA and DHA, and the Omega-6, GLA, are necessary for the maintenance of healthy skin, normal immune system balance, and proper nervous system 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.

The Natural Fish Oil Concentrate used in this softgel is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants (i.e. mercury, heavy metals, PCB's, dioxins, and other contaminants).

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

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

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

CODE 1841 V6



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SOFTGEL SIZE



Super Omega 3-6-9

1200 mg

Cardiovascular Health*

from Borage, Flax Seed & Fish Oils

180 Softgels

A Dietary Supplement

Nutritional Oils

Family owned since 1968.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 90

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2.5 g	4%*
Saturated Fat	< 0.5 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	0.5 g	†
Cholesterol	0 mg	0%
Protein	< 1 g	1%*
Borage Oil (Seed)	800 mg	†
Natural Fish Oil Concentrate	800 mg	†
Organic Flax Seed Oil	800 mg	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water) and Vitamin E (as natural d-alpha tocopherol with mixed tocopherols).

Contains fish (sardines, anchovies, mackerel). Vitamin E from soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Naturally occurring fatty acids (example) (per serving)**:

Omega-3 Fatty Acids 604 mg (EPA: 126 mg; DHA 78 mg)

Omega-6 Fatty Acids 539 mg (GLA: 160 mg)

Omega-9 Fatty Acids 225 mg

** subject to natural variability

