

SUGGESTED USE: For adults only. Take three (3) softgels a day with food.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

ALLERGEN WARNING: Contains soy and fish (anchovy, sardine, & bonito).

This product is PCB tested and guaranteed to be within Prop 65 limits.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.

Manufactured Exclusively For:
MäritzMayer Laboratories™

Norcross, GA 30071

1.800.432.9130

www.MaritzMayer.com

MäritzMayer Laboratories™

Absolute Omega 3-6-9™

Essential Fatty Acid Complex

✓ **250 mg EPA** ✓ **200 mg DHA** ✓ **20 mg Vitamin E**
✓ **600 mg CLA** ✓ **500 mg GLA** ✓ **300 mg ALA**

Great Source for Flax Seed Oil!

DIETARY SUPPLEMENT

60 SOFTGELS

Supplement Facts

Serving Size: 3 Softgels

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin E (as D-alpha Tocopherol)	20 IU	67%
Flaxseed Oil (Linum usitatissimum, seed)	1,200 mg	†
Borage Seed Oil (Borago Officinalis, seed)	1,200 mg	†
Fish Oil (50% Omega-3)	1,200 mg	†
These three oils typically provide the following fatty acid profile:		
Omega-3 Fatty Acids	1,200 mg	†
ALA (Alpha-linolenic Acid)	600 mg	†
EPA (Eicosapentaenoic Acid)	360 mg	†
DHA (Docosahexaenoic Acid)	240 mg	†
Omega-6 Fatty Acids	690 mg	†
Linolenic Acid	450 mg	†
GLA (Gamma-linolenic Acid)	240 mg	†
Omega-9 Fatty Acids (Oleic Acid)	450 mg	†

% Daily Value is based on a 2,000 calorie diet.

† % Daily Value not established.

Ingredients: Gelatin, glycerin, purified water, natural lemon flavor.

