

Ultra Concentrated Omega™ 3•6•9

Purity Information

- This fish oil was processed using molecular distillation to ensure purity.
- Purity tested for pesticides, herbicides, PCBs and dioxins as well as heavy metals such as mercury.
- These plant oils are 100% expeller pressed without hexane or harsh chemicals.
- Cold-water fish including sardines, anchovies and mackerel provide a rich source of omega-3s.
- Contains borage and flax seed oils.
- Manufactured in a GMP (Good Manufacturing Practices) certified facility.
- Contains no trans fatty acids.
- Contains no artificial color or flavor, wheat, corn, gluten, sodium, sugar, lactose, yeast, starch, nut products, or preservatives.

Product Information

- The "multivitamin" of the supplement oils.
- Contains a blend of borage oil, fish oil and flax seed oil to help meet daily EFA requirements for the maintenance of good health and a vibrant, active lifestyle.***
- People with low-fat diets, or diets high in saturated and hydrogenated or trans fats may not be consuming sufficient EFAs in their diets.
- Omega-3 Fatty Acids help to support healthy skin, cardiovascular health, and immune system health.***
- Ultra Concentrated Omega™ 3•6•9 also supports brain, nerve and eye health.***
- Ultra Concentrated Omega™ 3•6•9 is a convenient way to supplement your diet with essential fatty acids.***

***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.

Ultra Concentrated OMEGA 3•6•9

Contains Essential Fatty Acids

2 SOFTGELS PROVIDE:



Fish Oil Concentrate
800 mg



Borage Seed Oil (Non-GMO)
800 mg



Flax Seed Oil (Non-GMO)
800 mg

Helps Support:

- Cardiovascular Health***
- Skin Health***
- Brain Health***
- Immune System Health***



Dietary Supplement

180 Softgels

Ultra Concentrated OMEGA 3•6•9

Contains Essential Fatty Acids

Research with Omega-3 fatty acid supplementation has shown promise in a number of areas including:

- Cardiovascular Health***
- Skin Health***
- Brain Health***
- Immune System Health***

Although the recent trend has moved toward a more "fat-free" diet, we now understand that some good fats are actually essential to human well-being. Ultra Concentrated Omega 3•6•9 contains the essential fatty acids (EFAs) linoleic acid and *alpha*-linolenic acid, and provides a convenient and easy way to get these good fats and maintain good health.***

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. See nutrition information for total fat, saturated fat, and cholesterol content.

Directions: Adults take two (2) or more softgels per day. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 softgels

Servings Per Container 90

Amount Per Serving	% Daily Value
Calories 25	
Calories from Fat 25	
Total Fat 2.5 g	4%*
Saturated Fat 0.5 g	3%*
Monounsaturated Fat 0.5 g	**
Polyunsaturated Fat 1.5 g	**
Cholesterol 6 mg	2%*
Protein 0.5 g	1%*
Vitamin E (as mixed tocopherols)	20 I.U. 67%
Fish Oil Concentrate (from anchovy, mackerel, sardine)	800 mg **
providing:	
Eicosapentaenoic Acid (EPA) (Omega 3)	240 mg **
Docosahexaenoic Acid (DHA) (Omega 3)	160 mg **
Borage Seed Oil	800 mg **
providing:	
<i>gamma</i> -Linolenic Acid (GLA) (Omega 6)	152 mg **
typically providing:	
Linoleic Acid (Omega 6)	270 mg **
Oleic Acid (Omega 9)	109 mg **
Flaxseed Oil	800 mg **
providing:	
<i>alpha</i> -Linolenic Acid (ALA) (Omega-3)	424 mg **
typically providing:	
Linoleic Acid (Omega 6)	100 mg **
Oleic Acid (Omega 9)	79 mg **

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

** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell). Contains soy and fish (anchovy, mackerel, sardine).

100% bovine gelatin, BSE-free.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Artificial color or flavor, wheat, corn, gluten, sodium, sugar, lactose, yeast, starch, nut products, or preservatives.

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.



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