



omega 3-6-9 smoothie

orange cream

cardiovascular[▼]

brain[▼] eye[▼]

smooth texture[▼]

specialty

16 fl. oz. (473 mL)
dietary supplement

gluten
free

dairy
free

nut
free

Supplement Facts

Serving Size 1 tbsp. (15 mL)
Servings Per Container 31

	Amount Per Serving	% Daily Value
Calories	60	
Calories from Fat	40	
Total Fat	4.5 g	7% [†]
Saturated Fat	1 g	5% [†]
Polyunsaturated Fat	2.5 g	*
Monounsaturated Fat	1 g	*
Cholesterol	15 mg	5%
Total Carbohydrate	6 g	2% [†]
Vitamin E	6 IU	20%

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA)	700 mg	*
Eicosapentaenoic Acid (EPA)	365 mg	*
Docosahexaenoic Acid (DHA)	235 mg	*
Other Omega-3 Fatty Acids	150 mg	*

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA)	530 mg	*
Gamma Linolenic Acid (GLA)	200 mg	*

Omega-9 Monounsaturated Fat

Oleic Acid	370 mg	*
------------	--------	---

[†] Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established

Ingredients: Water, Total Omega Oil Blend (fish oil (anchovy, sardine and/or mackerel), flaxseed oil and borage oil), xylitol, glycerin, gum arabic, natural flavors, citric acid, xanthan gum, guar gum, antioxidant blend (Vitamin E (as d-alpha tocopherol), canola oil, rosemary extract and ascorbyl palmitate), beta carotene, sorbic acid.

Contains: Fish (anchovy, sardine and/or mackerel) and Soy.

Does not contain: Yeast, Corn, Wheat, Gluten, Salt, Starch, Dairy, Artificial Colors or Flavors.

▼ 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.

Directions: As a dietary supplement, take one (1) tablespoon daily. Can be taken straight or can be mixed into juice, yogurt, oatmeal, cottage cheese or blended beverages.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

The Vitamin Shoppe®'s Omega 3-6-9 Smoothie is the perfect solution for the whole family. All the benefits of each essential fatty acid with a smoothie taste and texture. No large capsules or fish burps!

- Fresh, Pure and Pristine Omegas
- Fresh Pressed Flaxseed Oil and Pure Borage Oil

Third party laboratory tested for purity and potency to ensure you're getting the essential fatty acids you need without harmful environmental contaminants.

Complete Omega 3-6-9 Nutrition

- 1450 mg Omega-3 Polyunsaturated Fat
- 730 mg Omega-6 Polyunsaturated Fat
- 370 mg Omega-9 Monounsaturated Fat

BEST IF REFRIGERATED AFTER OPENING.
Do not freeze.

Do not give to pets.

STORE IN A COOL, DRY PLACE
KEEP OUT OF REACH OF CHILDREN

TAMPER EVIDENT
Do not use if outer seal
is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.



learn more at
vsquality.net

Item No. VS-2848

1766815

