

Natrol® Omega 3-6-9 Complex combines fatty acids from both grain and marine sources for a healthy balance of essential fats in one single product. This unique combination of essential fatty acids (EFAs) helps support numerous functions in the body including cardiovascular and cognitive health, as well as, healthy skin and hair. Natrol Omega 3-6-9 Complex is natural, molecularly distilled and includes lemon oil for a great tasting lemon flavor.†

Contains Fish, Soybeans

NO Milk, Egg, Crustacean Shellfish, Tree Nuts, Wheat, Peanuts, Yeast, Corn, Gluten, Artificial Colors or Flavors, Added Sugar or Starch

Consult your healthcare professional prior to use if you have or suspect a medical condition, or are taking prescription drugs, or are pregnant or lactating. People with allergies to fish or soybeans should consult their healthcare professional before taking this product.

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

† 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.

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NATROL® Omega 3-6-9 Complex

Fish, Flax and Borage Oil

- With Fish Oil
- Lemon Flavor

90 Softgels
Dietary Supplement



Directions: Take 1 softgel, two times daily, with a meal.

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 90

Amount Per Serving		%DV
Calories	13.5	
Calories from Fat	13.5	
Total Fat	1.25 g	2%*
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Polyunsaturated Fat	0.5 g	**
Monounsaturated Fat	0 g	**
Cholesterol	5 mg	2%*
Borage Oil	400 mg	**
GLA (Gamma Linoleic Acid)	70 mg	**
Linoleic Acid	125 mg	**
Oleic Acid	55 mg	**
Flax Oil (<i>Linum usitatissimum</i>) (seed)	400 mg	**
Alpha Linolenic Acid	200 mg	**
Linoleic Acid	50 mg	**
Oleic Acid	60 mg	**
Omega-3 Fish Oil (anchovy, cod, mackerel, sardine)	400 mg	**
EPA (Eicosapentaenoic Acid)	70 mg	
DHA (Docosahexaenoic Acid)	45 mg	

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

**Daily Value (DV) not established.

Other Ingredients: Gelatin, Glycerin, Water, Mixed Natural Tocopherols (as preservative), Natural Lemon Oil.

Manufactured for NATROL LLC • Chatsworth, CA 91311 • USA
1 800 2-NATROL (800 262-8765) • www.natrol.com

LOT/EXP: