

Natural
traditions®

AHIFLOWER® OIL OMEGA 3-6-9



100% Plant-Based Omega 3 (ALA Plus SDA)

Up to 4 Times Greater EPA Conversion Than Flax Seed Oil
More Effective Omega 3 & 6 Than Flax, Chia, or Hemp Seed Oil
4:1 Omega 3 to Omega 6 Ratio

Net Qty: 90 Vegetarian Softgels

Dietary Supplement

Suggested Use: Take 3 softgels per day with food.

Supplement Facts

Serving Size 3 Vegetarian Softgels
Servings Per Container 30

	Amount Per Serving	% DV*
Calories	20	
Calories from Fat	20	
Total Fat	2.5 g	4%
AHIFLOWER™ (<i>Buglossoides arvensis</i>) seed oil		
Omega 3 Fatty Acids		
Alpha-Linolenic Acid (ALA)	855 mg	†
Stearidonic Acid (SDA)	384 mg	†
Omega-6 Fatty Acids		
Gamma Linolenic Acid (GLA)	102 mg	†
Linoleic Acid (LA)	204 mg	†
Omega-9 Fatty Acids - Oleic Acid (OA)	135 mg	†

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

Other Ingredients: Vegan Gel shell (modified food starch (non-GMO), glycerin, purified water, maltitol, carrageenan), anti-oxidant rosemary extract, tocopherols, ascorbyl palmitate.

A New Generation In Superior Plant-Based Omegas

Ahiflower® oil is the richest and most effective combined Omega-3 (SDA and ALA) and Omega-6 (GLA and LA) fatty acid source from a single non-GMO plant found in nature. While there are many sources of plant based Omega-3 ALA such as flax, chia, sachinchi and hemp seed oil, these seeds do not offer optimal conversion to EPA. Unlike these seed oils, Ahiflower® oil is the richest source of SDA (stearidonic acid) which converts more efficiently to the Omega 3 fatty acid EPA that is found in fish oil. A human clinical trial found that Ahiflower® oil has up to a 3-4 times greater conversion rate to Omega 3 EPA compared to flax seed oil. Ahiflower® oil also contains beneficial Omega 6 gamma linolenic acid (GLA). A true Omega 3 and Omega 6 powerhouse with ALA, SDA and GLA, delivering a healthy 4 to 1 balance of Omega 3 to Omega 6, Ahiflower® oil is the most eco-conscious, sustainable way to get the benefits of EPA found in fish oil from a vegan, plant-based source.

WARNING: KEEP OUT OF REACH OF CHILDREN. REFRIGERATE AFTER OPENING. FULLY CLOSE BOTTLE AFTER EACH USE.

Country of Origin: USA


ahiflower®
Better Than Flax. Not From Fish.™

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