



omega
3-6-9

specialty
240 softgels
dietary supplement

essential
fatty acids^v

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 2 Softgels
Servings Per Container: 120

	Amount Per Serving	% Daily Value
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2% [†]
Saturated Fat	0.5 g	3% [†]
Borage Oil (<i>Borago officinalis</i>)(seed) providing minimum: 20% Gamma Linolenic Acid ^{††}	500 mg	*
Canola Oil	200 mg	*
Salmon Oil providing minimum: 18% EPA (Eicosapentaenoic Acid) ^{††} 12% DHA (Docosahexaenoic Acid) ^{††}	150 mg	*
Flax Seed Oil (<i>Linum usitatissimum</i>)(seed)	150 mg	*
Olive Oil	100 mg	*
Safflower Oil (<i>Carthamus tinctorius</i>)(seed) providing minimum: 72% Linoleic Acid ^{††} 7% Oleic Acid ^{††}	50 mg	*

[†] Percent Daily Values are based on a 2,000 calorie diet.

^{*} Daily Value not established

Other ingredients: Gelatin, glycerin, purified water.

Contains: Fish (salmon).

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Preservatives, Artificial Colors or Flavors.

^{††} Naturally occurring, amounts may vary.

DIRECTIONS: As a dietary supplement, take two (2) softgels daily, preferably with a meal.

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

▼ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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.

Item No.
VS-2979
1967389

