

Omega 3•6•9 Complete™ is the "multivitamin" of supplement oils, and offers a spectrum of 1,534 mg of Omega fatty acids:

- **Omega 3:** EPA, DHA, and *alpha*-linolenic acid, an essential fatty acid
- **Omega 6:** Linoleic acid, an essential fatty acid
- **Omega 9:** Oleic acid, a monounsaturated fatty acid

These Omega fatty acids are derived from fish, borage seed and flax seed oils to create Country Life's unique supplement oil "multivitamin" formulation. Two softgels are packed with 800 mg each of fish oil concentrate, non-GMO borage seed oil, and non-GMO flax seed oil.

***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.

YES	CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO	YEAST, WHEAT OR CORN
YES	RECYCLABLE PACKAGING	NO	MILK, SALT OR SUGAR
YES	MANUFACTURING SUPPORTS	NO	PRESERVATIVES
	WIND POWER	NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
		NO	MAGNESIUM STEARATE
		NO	GMOs

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

Lot No:

05111 GNL

Best by:



This product has been manufactured at a GMP registered facility.

ESTABLISHED
— 1971 —
**Country
Life**

• ULTRA CONCENTRATED •
**OMEGA 3•6•9
COMPLETE™**

Certified Gluten-Free

Helps Support:

- ▶ Cardiovascular Health***
- ▶ Brain Health***
- ▶ Skin Health and Immune System Health***
- ▶ Natural Lemon Flavored!



2 softgels provide:

Fish Oil - 800 mg
Concentrate

Borage Seed Oil - 800 mg
(Non-GMO)

Flax Seed Oil - 800 mg
(Non-GMO)

Dietary
Supplement **180** Softgels

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY



Directions: Adults take two (2) 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 **
Polysaturated Fat	1.5 g **
Cholesterol	5 mg 2%*
Protein	0.5 g 1%*
Vitamin E (as d-alpha tocopherol)	20 I.U. 67%

Fish Oil Concentrate providing:	800 mg	**
EPA (Eicosapentaenoic Acid) (Omega 3)	240 mg	**
DHA (Docosahexaenoic Acid) (Omega 3)	160 mg	**
Borage Seed Oil	800 mg	**
providing:		
GLA (gamma-Linolenic Acid) (Omega 6)	152 mg	**
typically providing:		
Linoleic Acid (Omega 6)	270 mg	**
Oleic Acid (Omega 9)	109 mg	**
Flax Seed Oil	800 mg	**
providing:		
ALA (alpha-Linolenic Acid) (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), sunflower oil, natural lemon flavor. Contains fish (anchovy, mackerel, sardine, herring, salmon and tuna). 100% bovine gelatin, BSE-free.

Manufactured for Country Life, LLC
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