



NATURALIST®

Omega 3-6-9

Fish, Flax & Borage Oils



Supports Heart Health*

60 SOFTGELS

Dietary Supplement

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	0.5 g	***
Cholesterol	<5 mg	1%
Triple Omega 3,6,9 Proprietary Blend	1,200 mg (1.2 g)	***
Organic Flaxseed Oil, Fish Oil, Borage Seed Oil		***
Typical Fatty Acid Profile:		
Omega-3		***
453 mg of Total Omega-3 Fatty Acids comprising of:		***
Eicosapentaenoic Acid (EPA)		***
Docosahexaenoic Acid (DHA)		***
Alpha Linolenic Acid (ALA)		***
Other Fatty Acids		***
Omega-6		***
109 mg of Total Omega-6 Fatty Acids comprising of:		***
Linoleic Acid		***
Gamma Linolenic Acid (GLA)		***
Omega-9		***
89 mg of Total Omega-9 Fatty Acids comprising of:		***
Oleic Acid		***

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

***Daily Value not established.

Other Ingredients: Gelatin (Bovine), Vegetable Glycerin, Mixed Natural Tocopherols.
Contains fish (anchovy, mackerel, sardine) ingredients.

IMPORTANT FACTS YOU SHOULD KNOW

This remarkable product is a blend of Fish, Borage and organic Flax Oils, which contain "good fats" Omega-3 fatty acids important for heart, cellular and metabolic health.* This product also includes omega-6 and omega-9 fatty acids.

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SOFTGEL THREE TIMES DAILY, PREFERABLY WITH MEALS.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor, sodium.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

*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.

Quality Guaranteed Lab Tested
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Manufactured by Rexall Sundown, Inc.
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