



Lindberg (more from Lindberg)

Omega 3-6-9

90 Softgels

Item No. 99-82990

UPC: 092865829902

Essential Fatty Acids

Fish, Flax and Borage Oil

Omega 3-6-9 provides a balanced blend of essential fatty acids (EFAs). They play an important role in heart, skin, joint, immune, cell membrane and nerve health.*

Derived from 400 mg of purified, molecularly distilled fish oil (concentrated to 50% EPA and DHA), 400 mg of cold pressed flaxseed (50% ALA), and 400 mg of borage oil (rich in GLA and LA).

Ingredients

Supplement Facts

Serving Size 1 Softgel

Servings Per Container 90

Amount Per Serving	% Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%*
Vitamin E (as d-Alpha Tocopherol)	6 iu	20%
Fish Oil Concentrate	400 mg	†
Flaxseed Oil	400 mg	†
Borage Seed Oil	400 mg	†
Typical Profile of Naturally Occurring Fatty Acids		
Omega-3 Fatty Acids	400 mg	†
ALA (Alpha-Linolenic Acid)	200 mg	†
EPA (Eicosapentaenoic Acid)	120 mg	†
DHA (Docosahexaenoic Acid)	80 mg	†
Omega-6 Fatty Acids	230 mg	
GLA (Gamma-Linolenic Acid)	80 mg	†
Omega-9 Fatty Acids (as Oleic Acid)	150 mg	†
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established.		
Other Ingredients: Gelatin, Glycerin.		

Directions For Use

Take 1 softgel 1-2 times daily with food.

Miscellaneous

Guaranteed Potency and Purity.

Storage

Store in a cool, dry place.

Does Not Contain

Sugar. Lactose. Corn. Yeast. Wheat. Gluten. Egg. Milk. Artificial Colors. Artificial Flavors. Artificial Preservatives.

Warnings

*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.

Keep out of reach of children.

Contains fish (anchovy).

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