

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

DIRECTIONS: FOR ADULTS, TAKE THREE (3) SOFTGELS DAILY, PREFERABLY WITH MEALS. As a reminder, discuss the supplements and medications you take with your health care providers.

IMPORTANT FACTS YOU SHOULD KNOW

Omega fatty acids are nutritionally important. Some of these fatty acids are essential—meaning your body needs them but cannot make them, so they must be obtained from diet. Omega 3-6-9 contains both essential and non-essential fatty acids. Omega 3-6-9 provides Borage Oil, a source of gamma-linolenic acid (GLA), plus Fish Oil, a source of the Omega-3 fatty acids Eicosapentaenoic and Docosahexaenoic (EPA & DHA). Omega-3 fatty acids are “good” fats important for cellular, heart and metabolic health.*

Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of Omega 3-6-9 provides 348 mg of EPA and DHA omega-3 fatty acids. See nutrition information for total fat and cholesterol content.

*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.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No 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.

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ACTUAL
SIZE

Prod. No. 29355
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TRIPLE
Omega 3-6-9
Fish, Flax & Borage

FISH OIL PURIFIED TO ELIMINATE MERCURY

**Heart, Cellular
and Joint Health***

90 Softgels
Dietary Supplement



Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value	
Calories	40	
Total Fat	3.5 g	4%**
Saturated Fat	0.5 g	3%**
Polyunsaturated Fat	2 g	***
Monounsaturated Fat	1 g	***
Cholesterol	10 mg	3%

Triple Omega 3-6-9 Proprietary Blend 3,600 mg (3.6 g) ***
Organic Flaxseed Oil, Fish Oil, Borage Seed Oil ***

Typical Fatty Acid Profile:

Omega-3	***
1,360 mg of Total Omega-3 Fatty Acids comprising of:	***
Eicosapentaenoic Acid (EPA)	***
Docosahexaenoic Acid (DHA)	***
Alpha Linolenic Acid (ALA)	***
Other Fatty Acids	***
Omega-6	***
328 mg of Total Omega-6 Fatty Acids comprising of:	***
Linoleic Acid	***
Gamma Linolenic Acid (GLA)	***
Omega-9	***
268 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.