



EFA 1300 MG OMEGA 3-6-9

FISH, FLAX, BORAGE

PROMOTES HEART, JOINT
& SKIN HEALTH*

GLUTEN, WHEAT & DAIRY FREE

120 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Softgels
Servings Per Container: 40

Amount Per Serving	%DV
Calories	40
Calories from Fat	35
Total Fat	4 g 6%**
Saturated Fat	0.5 g 3%**
Unsaturated Fat	1 g ***
Monounsaturated Fat	2.5 g ***
Cholesterol	15 mg 5%**
Omega 3-6-9 formulation	3.9 g (3900 mg) ***

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

*% Daily Values

SUGGESTED USE: As a dietary supplement for adults, take three (3) softgels daily, preferably with a meal, or as directed by a healthcare practitioner.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Colors.

If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use after the best before date and if missing or damaged.

Amount Per Serving	%DV
Fish Oil	1.3 g (1300 mg) ***
Flaxseed Oil	1.3 g (1300 mg) ***
Borage Oil	1.3 g (1300 mg) ***
providing:	
Alpha-Linolenic Acid (omega 3)	585 mg ***
EPA (eicosapentaenoic acid)†	344 mg ***
(omega 3)	
DHA (docosahexaenoic acid)†	221 mg ***
(omega 3)	
Linoleic Acid (omega 6)	598 mg ***
Gamma-Linolenic Acid (omega 6)	247 mg ***
Oleic Acid (omega 9)	225 mg ***

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

***Daily Value (DV) not established.



This formula provides a blend of three premium oils - Fish, Flax and Borage, which all contribute essential fatty acids necessary for optimal health and well-being.* These essential fatty acids promote the health and function of a variety of organs and systems including those of the heart, joints and skin.* Molecular distillation is employed to remove mercury, PCBs and other heavy metal contaminants.

*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.

Carefully Manufactured for:
Solgar, Inc.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
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