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, borage seed oil, and 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 WIND POWER	**NO**	PRESERVATIVES
		NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
		NO	MAGNESIUM STEARATE

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:

Best by:

01577N

0 15794 04100 9

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

Flax Seed Oil - 800 mg

Dietary Supplement | 90 Softgels

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

THIRD PARTY TESTED

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 45

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	**
Polyunsaturated 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
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 4100

Ultra Concentrated Omega 3•6•9 Complete™

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, borage seed oil, and flax seed oil.

Each softgel is natural lemon flavored – no fishy taste.

The fish oil, derived from anchovy, sardine, mackerel, herring, salmon, and tuna, has been processed using molecular distillation to ensure its purity. The plant oils were also 100% expeller pressed without hexane or harsh chemicals. This product also does not contain any trans fatty acids. Country Life's Omega 3•6•9 Complete™ is made according to high quality and exacting standards.

At Country Life, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against Country Life's 5 Integrity Standards: 1) authenticity of ingredients; 2) cleanliness of ingredients; 3) freshness of ingredients; 4) consistency of the formula; and 5) accuracy of labeling. Go to CountryLifeVitamins.com to learn more.

◊ **Provides 1,534 mg of Omega 3,6 and 9 fatty acids.**

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Research with Omega-3 fatty acids supplementation has shown promise in many areas, including:

- Cardiovascular Health***
- Brain Health***
- Skin Health***
- Immune Health***

The body needs eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). To make these, the body requires *alpha*-linolenic acid (ALA).*** ALA, an Omega-3 essential fatty acid, is converted in the body to the fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).*** Linoleic acid (LA) is an Omega-6 fatty acid that also complements the diet.

When fatty acids such as EPA are present in the body, it becomes a precursor for hormone-like agents known as eicosanoids.*** These help regulate fundamental processes such as cell division and growth, blood clotting, muscle activity, secretion of digestive juices and hormones, and movement of substances like calcium into and out of cells.***

The Omega-3 fatty acid DHA is the major polyunsaturated fatty acid found in the brain and is important for brain function.*** Synapses are rich in DHA, which suggests that this fatty acid is involved in signal transmission along neurons.***

Country Life's Omega 3•6•9 Complete™ helps to meet daily essential fatty acid (EFA) requirements for the maintenance of good health and a vibrant, active lifestyle.***

People with diets low in fat or heavy in saturated, hydrogenated, or trans-fat may be deficient in EFAs. In just two softgels, Omega 3•6•9 Complete™ is a convenient way to supplement your diet with the EFAs it may be missing.

Also try Country Life's Omega 3 Mood® to support your emotional well-being.*** Or if you are expecting or pregnant, try Country Life's Baby Care Prenatal Omega 3•6•9.

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YES	MANUFACTURING SUPPORTS WIND POWER	**NO**	PRESERVATIVES
		NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
		NO	MAGNESIUM STEARATE

ESTABLISHED 1971 Country Life

• ULTRA CONCENTRATED •

OMEGA 3•6•9 COMPLETE™

Certified Gluten-Free

Over 1,500 mg of Omegas per serving◊

2 softgels provide:

Fish Oil Concentrate	Borage Seed Oil	Flax Seed Oil
800 mg	800 mg	800 mg

Helps Support:

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

THIRD PARTY TESTED

Dietary Supplement | 90 Softgels

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See box for Lot No. and Best By Date information

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Country Life is passionate about helping you live a healthy, active life.

This extends into the environment we live in and the materials we use in our packaging.

We use 100% recycled paperboard.

RECYCLED
Packaging made from recycled material
FSC® C005506
www.fsc.org

PLEASE HELP US IN OUR MISSION; RECYCLE THIS BOX & BOTTLE AFTER USE.

Also try a long-standing Country Life favorite.... Coenzyme B-Complex

- Supports energy***
- Contains essential B Vitamins in its active, "coenzymated" form.
- Now with Methylfolate

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