

SOURCE NATURALS®

DIETARY SUPPLEMENT

OMEGA 3·6·9

ESSENTIAL FATTY ACID COMPLEX
FOR HEART AND BRAIN HEALTH*

120 SOFTGELS

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 40

	Amount Per Serving	%DV
Calories	40	
Calories from Fat	30	
Total Fat	3.5 g	5%*
Saturated Fat	0 g	<1%*
Trans Fat	0 g	†
Cholesterol	10 mg	3%
Total Carbohydrate	1 g	<1%*
Protein	1 g	2%*
Vitamin E (as mixed tocopherols)	25 IU	83%
alpha-Linolenic Acid (ALA) [<i>omega</i> -3]	600 mg	†
Linoleic Acid [<i>omega</i> -6]	522 mg	†
Oleic Acid [<i>omega</i> -9]	435 mg	†
Eicosapentaenoic Acid (EPA) [<i>omega</i> -3]	360 mg	†
Docosahexaenoic Acid (DHA) [<i>omega</i> -3]	240 mg	†
gamma-Linolenic Acid (GLA) [<i>omega</i> -6]	204 mg	†

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

†Daily Value not established.

Other ingredients: borage seed oil, flax seed oil, fish oil, gelatin, glycerin, and purified water.

Contains fish and soy.

Source Naturals **OMEGA 3·6·9** is an excellent blend of *omega*-3, *omega*-6, and *omega*-9 fatty acids. EPA and DHA are *omega*-3 essential fatty acids that play a significant role in cerebral development, especially for the fetus during pregnancy, for growing infants, and for heart health and lowering metabolic inflammation. *Gamma*-Linolenic Acid (GLA) is an *omega*-6 essential fatty acid used by our cells to produce soothing PGE1 prostaglandins. Oleic acid is an *omega*-9 essential fatty acid that may help maintain blood pressure levels already in the normal range.*

Suggested Use: 3 softgels daily with a meal.

NOTE: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Contains no yeast, dairy, egg, gluten or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

*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.

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Manufactured for:
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