



Made In The
USA with select
ingredients
from around
the world

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NATURE'S BOUNTY®

Fish, Flax, Borage

1200mg | Omega 3-6-9

HEART HEALTH*



72 Rapid Release Softgels

DIETARY
SUPPLEMENT

DIRECTIONS: For adults, take three (3) softgels daily, preferably with a meal.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 24

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	3,600 mg (3.6 g)	***
3,6,9 Proprietary Blend		
Organic Flaxseed Oil, Fish Oil, Borage Seed Oil		***
Typical Fatty Acid Profile:		
Omega-3		***
1,360 mg of Total Omega-3		***

Amount Per Serving %Daily Value

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.

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

NEARLY 50 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For nearly 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

- ✓ Purified to Eliminate Mercury
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

Non-GMO, No Artificial Color, No Artificial Flavor,
No Artificial Sweetener, No Preservatives, No Sugar,
No Starch, No Milk, No Lactose, No Gluten, No Wheat,
No Yeast, No Shellfish. Sodium Free.

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. Do not use if seal under cap is broken or missing.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.