

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

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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.

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

*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.



TO REORDER ITEM # 10148

www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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MAXIMUM STRENGTH

TRIPLE OMEGA 3-6-9

Fish, Flax & Borage Oils

ACTIVE OMEGA-3

Purified to
eliminate mercury

Supports Heart Health*



240 rapid release
softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 80

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%
Maximum Strength Triple Omega 3,6,9 Proprietary Blend	3,600 mg (3.6 g)	***
Organic Flaxseed Oil, Ester-Omega® Fish Oil, Borage Seed Oil		***
Typical Fatty Acid Profile:		
Omega-3 1,360 mg of Total Omega-3 Fatty Acids Comprinsg 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.