

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

**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 # 10154**  
**www.puritan.com**  
**1-800-645-1030**

Carefully Manufactured by  
**PURITAN'S PRIDE, INC.**  
Ronkonkoma, NY 11779 U.S.A.  
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Puritan's Pride

**MAXIMUM STRENGTH**

**TRIPLE  
OMEGA 3-6-9**

**Fish, Flax & Borage Oils**

**ACTIVE OMEGA-3**

**Purified to  
eliminate mercury**

**Supports Heart Health\***



**60** rapid release  
softgels

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 3 Softgels  
Servings Per Container 20

| 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 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.