

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 # 51256
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 & Chia Oils

ACTIVE OMEGA-3

**Purified to
eliminate mercury**

Supports Heart Health*



120 rapid release
softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 40

Amount Per Serving	% Daily Value
Calories	40
Total Fat	3.5 g 4%**
Saturated Fat	0.5 g 3%**
Polyunsaturated Fat	2.5 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, Chia Seed Oil	***
Typical Fatty Acid Profile:	
Omega-3 1,433 mg of Total Omega-3 Fatty Acids comprising of:	***
Eicosapentaenoic Acid (EPA)	***
Docosahexaenoic Acid (DHA)	***
Alpha Linolenic Acid (ALA)	***
Other Fatty Acids	***
Omega-6 267 mg of Total Omega-6 Fatty Acids comprising of:	***
Linoleic Acid	***
Omega-9 260 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.