

Nature's Way® MEGA 3/6/9 Omega Blend is the most complete source of essential fatty acids for healthy skin, joints and cardiovascular function.* Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. (See nutrition information for total fat and cholesterol content.)

- **3:1 ratio** of Omega-3 to Omega-6
- **500 mg Omega-9 potency** from extra virgin olive oil and borage oil.
- **Cold pressed** botanical oils
- **Tested for** PCBs, heavy metals (including mercury), and other impurities.

Satisfaction Guaranteed. No chemical solvents, sugars, starch, artificial colors, flavors or preservatives. Safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. **Keep out of reach of children.** Store in a cool, dry place.

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Questions? 1-800-9NATURE
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**Non-
GMO
Seeds**



Fully Balanced
MEGA
3/6/9 • OMEGA BLEND
Fish/Flax/Borage/Olive Oils



3:1 Omega-3/6 Ratio

DIETARY SUPPLEMENT 90 SOFTGELS

Recommendation: Take 3 softgels daily.
If pregnant, nursing or taking any
medications, consult a healthcare
professional before use.

Pleasant lime flavor.

Supplement Facts

Serving Size 3 Softgels / Servings Per Container 30

Amount Per Serving		% DV
Calories	40	
Calories from Fat	35	
Total Fat	4 g	6%†
Cholesterol	5 mg	2%
Vitamin E (as d-alpha tocopherol)	30 IU	100%
Omega-3 Fatty Acids	1.45 g	**
Alpha-Linolenic Acid (ALA)	890 mg	**
Eicosapentaenoic Acid (EPA)	340 mg	**
Docosahexaenoic Acid (DHA)	225 mg	**
Omega-9 Fatty Acids as Oleic Acid (OA)	500 mg	**
Omega-6 Fatty Acids	484 mg	**
Linoleic Acid (LA)	284 mg	**
Gamma-Linolenic Acid (GLA)	200 mg	**

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

**Daily Value not established.

Ingredients: organic flax oil (seed), fish oil (sardine, anchovy),
borage oil (seed), extra virgin olive oil (fruit), gelatin (softgel),
glycerin, purified water, lime oil

*This statement has not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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