

Omega 3-6-9 Complete™ is the "multivitamin" of supplement oils, and offers a spectrum of 1,534 mg of Omega fatty acids:

- Omega 3: EPA, DHA, and alpha-linolenic acid, an essential fatty acid
- Omega 6: Linoleic acid, an essential fatty acid
- Omega 9: Oleic acid, a monounsaturated fatty acid

These Omega fatty acids are derived from fish, borage seed and flax seed oils to create Country Life's unique supplement oil "multivitamin" formulation. Two softgels are packed with 800 mg each of fish oil concentrate, borage seed oil, and flax seed oil.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

YES CERTIFIED GLUTEN-FREE BY GFCO/DOH **NO** YEAST, WHEAT OR CORN
YES RECYCLABLE PACKAGING **NO** MILK, SALT OR SUGAR
YES MANUFACTURING SUPPORTS **NO** PRESERVATIVES
WIND POWER **NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. Do not accept if seal is broken. Store between 59°-86°F. Keep out of the reach of children.

Lot No: _____

Best by: _____

This product has been manufactured at a GMP registered facility.

Ultra Concentrated Omega 3-6-9 Complete™

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These Omega fatty acids are derived from fish, borage seed and flax seed oils to create Country Life's unique supplement oil "multivitamin" formulation. Two softgels are packed with 800 mg each of fish oil concentrate, borage seed oil, and flax seed oil.

Each softgel is natural lemon flavored - no fishy taste.

The fish oil, derived from anchovy, sardine, mackerel, herring, salmon, and tuna, has been processed using molecular distillation to ensure its purity. The plant oils were also 100% expeller pressed without hexane or harsh chemicals. This product also does not contain any trans fatty acids. Country Life's Omega 3-6-9 Complete™ is made according to high quality and exacting standards.

At Country Life, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against Country Life's 5 Integrity Standards: 1) authenticity of ingredients; 2) cleanliness of ingredients; 3) freshness of ingredients; 4) consistency of the formula; and 5) accuracy of labeling. Go to CountryLifeVitamins.com to learn more.

Provides 1,534 mg of Omega 3,6 and 9 fatty acids.

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Country Life

ULTRA CONCENTRATED OMEGA 3-6-9 COMPLETE™

Certified Gluten-Free

- Helps Support:**
- Cardiovascular Health***
 - Brain Health***
 - Skin Health and Immune System Health***
 - Natural Lemon Flavored!

- 2 softgels provide:**
- Fish Oil - 800 mg Concentrate
 - Borage Seed Oil - 800 mg
 - Flax Seed Oil - 800 mg

Dietary Supplement 180 Softgels

Our PLEDGE of INTEGRITY™
 AUTHENTICITY • CLEANLINESS • FRESHNESS
 CONSISTENCY • ACCURACY



Supplement Facts

Serving Size 2 softgels
 Servings Per Container (90)

Amount Per Serving	% Daily Value
Calories from Fat	25
Total Fat	2.5g 4%*
Saturated Fat	0.5g 1%
Monounsaturated Fat	0.5g 1%
Polysaturated Fat	1.5g 3%
Cholesterol	0mg 0%
Protein	0.5g 1%
Vitamin E (as d-alpha-tocopherol)	20.1 IU 67%
Fish Oil Concentrate providing:	800 mg
EPA (Eicosapentaenoic Acid) (Omega 3)	240 mg
DHA (Docosahexaenoic Acid) (Omega 3)	160 mg
Borage Seed Oil	800 mg
ULTRA gamma-Linolenic Acid (Omega 6)	150 mg
Specifically providing:	
Linoleic Acid (Omega 6)	270 mg
Stearic Acid (Omega 6)	100 mg
Flax Seed Oil	800 mg
Specifically providing:	
ALA (alpha-Linolenic Acid) (Omega 3)	424 mg
Specifically providing:	
Linoleic Acid (Omega 6)	100 mg
Stearic Acid (Omega 6)	79 mg

*Percent Daily Values are based on a 2,000 calorie diet.
 ** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell), sunflower oil, natural lemon flavor. Contains fish (anchovy, mackerel, sardine, herring, salmon and tuna). 100% bovine gelatin, BSE-free.

Manufactured for Country Life, LLC
 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
 Product No. 4102

Country Life

ULTRA CONCENTRATED OMEGA 3-6-9 COMPLETE™

Certified Gluten-Free

Over 1,500 mg of Omegas per serving*
 2 softgels provide:

- Fish Oil Concentrate 800 mg
- Borage Seed Oil 800 mg
- Flax Seed Oil 800 mg

- Helps Support:**
- Cardiovascular Health***
 - Brain Health***
 - Skin Health and Immune System Health***
 - Natural Lemon Flavored!



Dietary Supplement 180 Softgels

Our PLEDGE of INTEGRITY™
 AUTHENTICITY • CLEANLINESS • FRESHNESS
 CONSISTENCY • ACCURACY

Country Life is passionate about helping you live a healthy, active life.

This extends into the environment we live in and the materials we use in our packaging.

We use 100% recycled paperboard.

Also try a long-standing Country Life favorite... Coenzyme B-Complex

- Supports energy***
- Contains essential B Vitamins in its active, "coenzyme" form.
- Now with Methylfolate



PLEASE HELP US IN OUR MISSION: RECYCLE THIS BOX & BOTTLE AFTER USE.

Directions: Adults take two (2) softgels per day. For best utilization take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

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See box for Lot No. and Best By Date information.

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