

**FREE OF:** Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

This formula provides a blend of three premium oils - Fish, Flax and Borage. Omega 3-6-9, contributes essential fatty acids necessary for optimal health and well-being.\* Omega 3-6-9 also contains EPA and DHA omega-3 fatty acids that support the health and function of a variety of organs and systems including those of the heart, joints and skin.\* Molecular distillation is employed to remove mercury.

\*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.

Carefully Manufactured for:  
Solgar, Inc., 500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

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1-877-SOLGAR 4, [www.solgar.com](http://www.solgar.com)

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SOLGB52252 04C



# 1300 MG OMEGA 3-6-9 FISH, FLAX, BORAGE

## SUPPORTS HEART, JOINT & SKIN HEALTH\*

Non-GMO  
GLUTEN, WHEAT & DAIRY FREE

60 SOFTGELS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 3 Softgels

Servings Per Container: 20

Amount Per Serving	%DV
Calories	40
Total Fat	4 g 5%**
Saturated Fat	0.5 g 3%**
Polyunsaturated Fat	1 g ***
Monounsaturated Fat	2.5 g ***
Cholesterol	15 mg 5%
Omega 3-6-9 Formulation comprised of:	3.9 g (3900 mg) ***
Fish Oil	1.3 g (1300 mg) ***

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Tocopherols.

Contains fish (anchovy, herring, mackerel, sardine).

† As Ethyl Esters

**SUGGESTED USE:** As a dietary supplement for adults, take three (3) softgels daily, preferably with a meal, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Amount Per Serving	%DV
Flaxseed Oil	1.3 g (1300 mg) ***
Borage Oil	1.3 g (1300 mg) ***
providing:	
Alpha-Linolenic Acid (omega 3)	585 mg ***
EPA (eicosapentaenoic acid)† (omega 3)	344 mg ***
DHA (docosahexaenoic acid)† (omega 3)	221 mg ***
Linoleic Acid (omega 6)	598 mg ***
Gamma-Linolenic Acid (omega 6)	247 mg ***
Oleic Acid (omega 9)	325 mg ***

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet  
\*\*\*Daily Value (DV) not established

