



# Omega 3-6-9

## Essential Fatty Acids Dietary Supplement



**Omega 3-6-9** is a full spectrum, balanced Essential Fatty Acid (EFA) supplement for optimal health.

**Omega 3-6-9** is the result of the latest clinical research into EFAs, fundamental building blocks to overall health and cellular function.

**Omega 3-6-9** is an ideal supplement to ensure adequate intake of EFAs from both fish and plant sources.

**Omega 3-6-9** is a superior blend of omega-3, omega-6 and omega-9's in a specific ratio that supports:

- the cardiovascular system
- joint and skin health
- hormone balance
- immune function
- brain growth and function
- a positive mental outlook

**Omega-3 fatty acids are crucial for cardiovascular health, immune health, immune regulation, anti-inflammatory processes, and neurological and ocular function.**

**Omega-6 fatty acids can inhibit inflammation and enhance immunity.**

### Key Ingredients of Omega 3-6-9:

**Borage Oil (20% GLA)** - Cold pressed to provide gamma linolenic acid (GLA) and linolenic acid (LA). Borage oil is rich in oleic acid, which is omega-9.

**Fish Oil (18% EPA/12% DHA)** – Molecularly distilled to deliver eicosapentaenoic (EPA) and docosahexaenoic acid (DHA). Manufactured according to pharmaceutical standards set by the Council for Responsible Nutrition (CRN). Physical, chemical and microbiological specifications are in full compliance with guidelines and requirements established by the CRN and California Proposition 65.

**Organic Flaxseed Oil** – Cold pressed and a good source of Omega-3's. Contains alpha linolenic acid (ALA), linoleic acid (LA) and oleic acid.

### Supplement Facts

Quantity: 90 softgels

Serving Size: 1 softgel	Amt Per Serving	%Daily Value
<b>Borage Oil (20% GLA)</b>	400mg	*
<b>Fish Oil (18% EPA/12% DHA)</b>	400mg	*
<b>Organic Flaxseed Oil</b>	400mg	*
<b>Vitamin E (d-alpha)</b>	10iu	33.33%
* Daily Value not established		

**Also Contains:** gelatin, glycerin, and water.

**Allergy Information:** This product contains fish products.

**Directions For Use:** Take one (1) softgel, three (3) times daily with meals. Keep out of reach of children.

If you are pregnant or nursing, consult a physician before using this product. This product contains NO egg, dairy, peanuts, soybeans, tree nuts, wheat (gluten), or yeast. Contains no artificial sweeteners, flavors, colors or preservatives. This product has not been evaluated by the FDA and is not intended to cure, treat, diagnose, or prevent disease.