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.

For more information, call toll-free 1-877-SOLGAR, 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

120 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Softgels Servings Per Container: 40

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)	***

Amount Per Serving			%DV
Flaxseed Oil	l.3 g (130	0 mg)	***
Borage Oil	l.3 g (130	0 mg)	***
providing:			
Alpha-Linolenic Acid (omega	3) 58	5 mg	***
EPA (eicosapentaenoic acid)† (omega 3)	34	4 mg	***
DHA (docosahexaenoic acid) (omega 3)	† 22	1 mg	***
Linoleic Acid (omega 6)	59	8 mg	***
Gamma-Linolenic Acid (omeg	ga 6) 24	7 mg	***
Oleic Acid (omega 9)	32	5 mg	***

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

***Paily Value (DV) not established

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Tocopherols.

† 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 you healthcare precitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any odverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal in sinsian or damagoad.

