

ACTUAL SIZE



CODE 1841 V3

Manufactured by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108  
Made in the U.S.A. [www.nowfoods.com](http://www.nowfoods.com)

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg, shellfish or preservatives.  
Store in a cool, dry place. Please Recycle.

**Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.**

**\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

**The Natural Fish Oil Concentrate used in this softgel is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants (i.e. mercury, heavy metals, PCB's, dioxins, and other contaminants).**

**Super Omega 3-6-9 is a blend of Fish, Borage and Organic Flax Seed Oils. This combination of well-known nutritional oils provides a unique balance of Omega-3 and Omega-6 Essential Fatty Acids plus Omega-9, a non-essential, but beneficial fatty acid. The Omega-3's, Alpha Linolenic Acid, EPA and DHA, and the Omega-6, GLA, are necessary for the maintenance of cardiovascular, nervous system and skin health. Oleic Acid, an Omega-9, has also been shown to promote a healthy vascular system.\***

**SUGGESTED USAGE:** As a dietary supplement, take 2 softgels, 1 to 3 times daily with food. Consider taking this product in combination with NOW® CoQ10 and True BioComplex™.



# Super Omega 3-6-9

**CARDIOVASCULAR HEALTH\***

from Borage, Flax Seed and Fish Oil

**1200 mg**

**180 Softgels**

A Dietary Supplement



## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 90

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2.5 g	4%*
Saturated Fat	< 0.5 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	0.5 g	†
Cholesterol	0 mg	0%
Protein	0.5 g	1%*
Vitamin E (as d-alpha Tocopherol with Mixed Tocopherols)	20 IU	67%
Borage Oil ( <i>Borago officinalis</i> ) (Seed)	800 mg	†
Natural Fish Oil Concentrate	800 mg	†
Organic Flax Seed Oil ( <i>Linum usitatissimum</i> ) (Seed)	800 mg	†

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

### Typical Profile of naturally occurring amounts of fatty acids (per serving)\*\*

Omega-3 Fatty Acids	690 mg (EPA: 144 mg, DHA: 96 mg)
Omega-6 Fatty Acids	600 mg (GLA: 160 mg)
Omega-9 Fatty Acids	420 mg

\*\* per ingredient nutritional profile

Other ingredient: Softgel Capsule (gelatin, glycerin, water).  
Contains soy and fish (sardines, anchovies, mackerel) derivatives.