Pharmaceutical Grade | Guaranteed Purity

Complete Omega™ offers omega-3s from fish oil, omega-6 GIA from borage oil, and omega-9 oleic acid. This balanced blend promotes heart health, brain function, and a positive mood, and offers support for healthy ioints and skin.*

Wild caught, Pure. No fishy aftertaste. Friend of the Sea certified.

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis avoilable upon request.

Suggested Use: One teaspoon daily, with food, or as directed by your health care professional or pharmacist.

Do not take if tamper-evident seal is broken or missing

Refrigerate after opening
Best if used within 3 months after opening

Keep out of the reach of children

Nordic Naturals products are never sold under any store brand

Warning: Consult with your physician before using this product if you are allergic to iodine, use blood thinners, or anticipate surgery.

* 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.



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Fish oil processed in Norway.

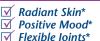
Distributed from the U.S. by:

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Watsonville, CA 95076

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nordicnaturals.com/nonamo

NORDIC ≥



NATURALS®



COMPLETE[™] OM EGA

1270 mg Omega-3/170 mg GLA

The complete omega "multi" with omegas 3, 6, and 9 for healthy skin, joints, and cognition*





Superior Triglyceride Form

Dietary Supplement | 8 fl oz/237 mL

Supplement Facts

į	Serving Size: 1 Teaspoon (5 mL)	Servings per bottle: 48	
Please 😘 this container	Amount Per Serving	% Daily Value*	
cont	Calories	45	
his	Calories from fat	45	
Ö	Total Fat	5.0 g	8%
ase	Saturated Fat	1.0 g	5%
Ple	Trans Fat	0 g	†
	Omega-3s	1270 mg	Ť
	EPA (Eicosapentaenoic Acid)	610 mg	t
	DHA (Docosahexaenoic Acid)	405 mg	†
	Other Omega-3s	255 mg	†
	Omega-6s	500 mg	†
	GLA (Gamma-Linolenic Acid)	170 mg	†
	Omega-9s	500 mg	t
	OA (Oleic Acid)	400 mg	†

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

Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), borage seed oil (borage officinalis), natural lemon flavor, delpha toopherol, rosemary extract (a natural preservative). No gluten, milk derivatives, or artificial colors or flavors.