

**Suggested Usage:** Take 2 softgels daily with food.

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

Super Omega 3-6-9 is a blend of fish, borage and flax seed oils. This combination of well-known nutritional oils has a unique balance of omega-3 and omega-6 essential fatty acids plus omega-9, a non-essential, but useful fatty acid.\* The omega-3s, alpha linolenic acid, EPA and DHA, and the omega-6, GLA, are necessary for the maintenance of healthy skin, normal immune system balance, and proper nervous system function.\*

\*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.

This fish oil concentrate is manufactured under strict quality control standards. It is tested for potentially harmful levels of contaminants such as PCBs, dioxins, mercury and other heavy metals.

Naturally occurring fatty acids (example) (per serving)\*\*\*:  
Omega-3 Fatty Acids 604 mg (EPA: 126 mg; DHA: 78 mg)  
Omega-6 Fatty Acids 539 mg (GLA: 160 mg)  
Omega-9 Fatty Acids 225 mg  
\*\*\* subject to natural variability

**Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.**

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

This bottle is made from 100% PCR  
(post-consumer recycled) resin.

EUA # 1482865

CODE 1839C V11



SOFTGEL SIZE



# Super Omega 3-6-9 Fish Oil

Cardiovascular Health\*

Plus Borage & Flax Seed Oils



90 Softgels  
A Dietary Supplement



Nutritional Oils

Family owned since 1968.

## Supplement Facts

Serving Size 2 Softgels Servings Per Container 45

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	2.5 g	3%**
Saturated Fat	< 0.5 g	2%**
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	0.5 g	†
Protein	< 1 g	
Borage Oil (Seed)	800 mg	†
Fish Oil Concentrate	800 mg	†
Organic Flax Seed Oil	800 mg	†

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

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water] and d-alpha Tocopherol (from sunflower).

Contains fish (anchovies, sardines, tuna).

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomingdale, IL 60108, USA nowfoods.com

Packaged and quality tested in the USA.

Fish oil is product of Peru, Morocco, Thailand, China.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

