

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SOFTGEL THREE TIMES DAILY, PREFERABLY WITH MEALS. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	0.5 g	***
Cholesterol	<5 mg	1%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	5 IU	17%
Fish Oil	400 mg	***
provides 200 mg of Total Omega-3 Fatty Acids† comprising of:		***
Omega-3 - Eicosapentaenoic Acid (EPA) 26.5-30%		***
Omega-3 - Docosahexaenoic Acid (DHA) 17-20%		***
Other Fatty Acids		***
Organic Flaxseed Oil	400 mg	***
Typical Fatty Acid Profile:		
Omega-3 - Alpha Linolenic Acid (ALA) 45-58%		***
Omega-6 - Linoleic Acid 11-18%		***
Omega-9 - Oleic Acid 11-19%		***
Borage Seed Oil	400 mg	***
Typical Fatty Acid Profile:		
Omega-6 - Linoleic Acid 35-42%		***
Omega-6 - Gamma Linolenic Acid (GLA) 19%		***
Omega-9 - Oleic Acid 14-20%		***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.

Contains fish (anchovy, mackerel, sardine) ingredients.

†As Ethyl Esters

Sundown
Naturals[®]

TRIPLE Omega 3-6-9

Flax, Fish & Borage Oils

Promotes
Heart Health*

PURIFIED
TO ELIMINATE
MERCURY, PCBs
AND **DIOXINS**

Smart Facts

This remarkable product is a blend of Fish, Borage and organic Flax Oils, all of which contain the polyunsaturated fatty acids your body needs.* Borage Oil is a rich source of Omega-6 fatty acids, including gamma-linolenic acid (GLA), and supports cellular and metabolic health.* Fish and Flax oils are premium sources of Omega-3 fatty acids (ALA, EPA & DHA), which are important for promoting heart health.* This product also includes Omega-9 fatty acids.

*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.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free 1-888-VITAHHELP (848-2435) or visit us at www.sundownnaturals.com

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60 SOFTGELS **DIETARY SUPPLEMENT**