

**This exceptional product is a blend of Flax, Fish and Borage Oils, that contain the polyunsaturated fatty acids your body needs including, Omega-3 (EPA & DHA), gamma-linolenic acid (GLA), and Omega-6. Fatty acids are important for promoting heart, cellular and metabolic health.\* This product also includes Omega-9 fatty acids, which are important for the body's immune system.\***

**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 or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

**Nutrition Questions or Comments?**  
Call NutraPhone® 1-800-433-2990  
Mon.- Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit [www.NaturesBounty.com](http://www.NaturesBounty.com)

\*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.



Prod. No. 10151 B27685 11G

**NATURE'S BOUNTY®**

# Fish, Flax, Borage

**1200mg | Omega 3-6-9**

**Promotes Heart Health\***

**PURIFIED TO ELIMINATE MERCURY**



**RAPID RELEASE LIQUID SOFTGEL**



**60 softgels** DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) softgel three times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value
Calories	15
Calories from Fat	10
<b>Total Fat</b>	<b>1 g</b> 2%**
Polyunsaturated Fat	0.5 g ***
Monounsaturated Fat	0 g ***
Cholesterol	<5 mg 1%
Vitamin E (as d-Alpha Tocopherol)	5 IU 17%
<b>Fish Oil</b>	<b>400 mg</b> ***
Typical Fatty Acid Profile:	
Omega-3 - Eicosapentaenoic Acid (EPA)	30-33% ***
Omega-3 - Docosahexaenoic Acid (DHA)	20-22% ***
<b>Organic Flaxseed Oil</b>	<b>400 mg</b> ***
Typical Fatty Acid Profile:	
Omega-3 - Alpha Linolenic Acid (ALA)	45-65% ***
Omega-6 - Linoleic Acid	11-24% ***
Omega-9 - Oleic Acid	11-24% ***
<b>Borage Seed Oil</b>	<b>400 mg</b> ***
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, Soybean Oil.

Contains fish (anchovy, mackerel, sardine) ingredients.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**  
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