

**DIRECTIONS:**

Adults take one to three softgels daily, preferably with food or as directed by your doctor.

Flaxseed - is one of the most concentrated vegetarian source of Omega- 3 fatty acids found in nature - contributes to heart and nerve health while providing energy source for the body.

**WARNING: KEEP OUT OF REACH OF CHILDREN.  
DO NOT EXCEED RECOMMENDED DOSE.  
DO NOT PURCHASE IF OUTER SEAL IS BROKEN OR DAMAGED.**

When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



Produced for:  
POLG Europe-Sweden  
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HUMAN  
essentials

**Omega 3,6,9**  
1000 mg

Supports Cardiovascular Health



Dietary Supplement  
60 Softgels

**Supplement Facts**

Serving Size: 1 Softgel  
Servings Per Container: 60

	Amount per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Polyunsaturated Fat	0.5 g	**
Flax Seed Oil (Omega Complex)	1000 mg	**

Proprietary Formula:  
Alpha-Linolenic Acid (Omega-3), Linoleic Acid (Omega-6), Oleic Acid (Omega-9), and other Fatty acids and Phytonutrients.

\*\* Daily Value not established

Other Ingredients : Gelatin, Glycerin, Purified Water.

Our Triple Omega Complex is dispensed and processed under a nitrogen blanket to safeguard it from oxygen exposure. In addition, the oil is dispensed under special yellow lights to protect against white light. This ensures that our Flaxseed Oil retains its integrity.