

FOOD SUPPLEMENT

Product information:

Three capsules typically provide:	%NRV [†]
Fish oil	1620mg
provides:	
Eicosapentaenoic acid (EPA)	551mg
Docosahexaenoic acid (DHA)	389mg
Starflower oil	654mg
provides:	
Gamma linolenic acid (GLA)	144mg
Virgin olive oil	253mg
provides:	
Oleic acid (omega 9)	142mg
Sea buckthorn oil	147mg
provides:	
Palmitoleic acid (omega 7)	44mg
Vitamin E (24iu)	16mg 133

[†]NRV = Nutrient Reference Value

Ingredients: Fish oil, capsule shell (bovine gelatine, glycerine), starflower (borage) oil, virgin olive oil, sea buckthorn oil, d-alpha tocopherol (vitamin E).

Allergy advice: see ingredients in **bold**.

*DHA contributes to the maintenance of normal brain function and vision[†]

**EPA and DHA contribute to the normal function of the heart[†]

[†]Beneficial effects are obtained with a daily intake of at least 250mg of DHA and EPA.

HIGHER NATURE®



Complete Omegas 3:6:7:9

Advanced blend
for holistic health



Brain*



Vision*



Heart**

Natural source, no synthetics
90 capsules

- ✓ Comprehensive blend of omegas 3, 6, 7 and 9 to nourish whole body health
- ✓ Carefully balanced fatty acids from fish, starflower, olives and sea buckthorn
- ✓ Promotes beauty from within
- ✓ Third party tested for quality assurance

Directions: Adults take 3 capsules daily or as your healthcare professional advises. Children 8 years and over, take 2 capsules daily with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Warning: If you are pregnant, breastfeeding, taking any medication or have a medical condition, please consult your healthcare professional before using this product.

Storage: Store in a cool, dry place out of reach of children.

highernature.com



PRODUCT INFO



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