

PRODUCT INFORMATION:

Four capsules typically provide:

EPA	minimum 680mg
DHA	minimum 480mg
GLA	minimum 180mg
Palmitoleic acid (omega 7) (from sea buckthorn oil)	minimum 36mg
Oleic acid (omega 9) (from virgin olive & sea buckthorn oils)	minimum 112mg

INGREDIENTS:

Fish oil [providing minimum 32% eicosapentaenoic acid (EPA) and minimum 22% docosahexaenoic acid (DHA)] (antioxidant: mixed tocopherols), capsule: gelatine, glycerine; starflower oil (borage) minimum 22% gamma linolenic acid (GLA), virgin olive oil, sea buckthorn oil, antioxidant: d-alpha tocopherol.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, starch, sugar, wheat, yeast.

This product is not tested on animals.



higher nature

COMPLETE OMEGAS 3:6:7:9 BLEND OF ALL OMEGAS

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90
capsules

COMPLETE OMEGAS 3:6:7:9 FOR BRAIN, HEART & VISION

- ✓ EPA & DHA contribute to normal heart function.*
 - ✓ DHA contributes to normal brain function, & the maintenance of normal vision.*
- *Beneficial effect is obtained with a daily intake of at least 250mg of DHA and EPA.

Our oil is scrupulously screened for PCBs and other pollutants to ensure the highest standard of purity possible.

DIRECTIONS:

Adults take 4-6 capsules a day, children 6 years and up 2-6 capsules a day, children 3-6 years 2 capsules a day, with meals, or as your health professional advises. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children. No need to refrigerate.

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