Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

**FRONT LABEL**

Omega 3, 6 & 9  
A combination of Fish, Borage & Flax Oils

**High in Omega-3 Fatty Acids**

* DHA contributes to maintenance of normal brain function\*
* DHA contributes to the maintenance of normal vision.\*
* EPA and DHA contribute to the normal function of the heart.\*

Food Supplement

1200mg x 90 Softgels

**BACK LABEL**

**Directions:**

Adults, take 1-3 softgels daily, preferably with a meal. Do not exceed recommended daily dose.

**\***

* Brain function: The beneficial effect is obtained with a daily intake of 250 mg of DHA (3 softgels).
* Vision: The beneficial effect is obtained with a daily intake of 250 mg of DHA (3 softgels).
* Heart: The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA (1 softgel).

**Product Information**:  
*One softgel typically provides*

Fish Oil 420mg

*providing:  
Alpha Linolenic Acid (ALA) 180mg*

*Eicosapentaenoic Acid (EPA) 120mg   
Docosahexaenoic Acid  (DHA) 83.3mg  
Linoleic Acid (LA) 177mg  
Gamma Linolenic Acid (GLA) 76mg  
Oleic Acid (OA) 100mg*

Borage Oil 400mg

Flaxseed Oil 341mg   
Vitamin E 3.3mg a-TE (28% NRV\*)

\*NRV = Nutrient Reference Value

**Ingredients:**Softgel Shell: (Gelatin, Glycerine), **Fish** Oil, Borage Oil, Organic Flaxseed Oil, Antioxidant: Vitamin E as D-Alpha Tocopherol (Refined Soy Bean Oil) and Natural Mixed Vitamin E.

**Allergy Advice**: Please see allergens marked in **bold** in the ingredient list. Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator

**Please give files following file names:**

Front Label: PL-168$front

Back Label: PL-168$back

**Label Size**

970px x 1655px at 300DPI (that's 84mm x 140mm)