

Omega 3 6 9 1200mg

Plus Vitamin D3 5µg

Presentation

A soft capsule.

Each capsule delivers:

Blend of Concentrated Fish Oil, Starflower Oil, & Olive Oil	1,200mg
Providing:	
Omega 3 Fatty Acids	379mg
of which Eicosapentaenoic Acid (EPA)	196mg
Docosahexaenoic Acid (DHA)	127mg
Omega 6 Fatty Acids	
of which Linoleic Acid	125mg
Gamma Linolenic Acid (GLA)	66mg
Omega 9 Fatty Acids	
of which Oleic Acid	200mg
Vitamin D3	5µg

Encapsulated with:

Capsule Shell (Gelatin, Glycerin).

Disintegration time: Less than 30 minutes

quantity

120

type

capsules

code

8498



Uses

This formula has exceptional levels of omega 3, 6 and 9 and also includes a full 5µg of vitamin D3.

Our unique formulation emphasises the omega 3s obtained from oily fish (rather than the less well absorbed alpha linolenic acid source used by many companies), with each capsule providing 379mg of these essential fatty acids.

The level of EPA at 196mg and DHA at 127mg is significantly higher than many other 3, 6 and 9 products that are available.

Pure grade starflower (borage) oil provides the source for the omega 6 fatty acids, with each capsule providing 66mg of the all important Gamma Linolenic Acid (GLA), together with 125mg of linoleic acid.

We've chosen natural olive oil as our source of the omega 9 fatty acid, oleic acid, with each capsule supplying an impressive 200mg.

- Omega 3s from oily fish
- A full 196mg of EPA and 127mg of DHA
- Pure grade starflower oil
- 66mg of the all important GLA
- Natural olive oil
- An impressive 200mg of oleic acid.



Certified from sustainable fisheries
www.friendofthesea.org

Usage and administration

1 to 2 capsules daily.

Allergen advice

Contains fish.

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

