

Omega 3 6 9 Capsules - HealthAid

Omega 3 6 9 Capsules contain essential fatty acids which are beneficial for cardiovascular health, brain function, healthy growth and development. Omega 3 and 6 cannot be manufactured by the body and therefore have to be provided by a good diet or supplementation; Omega 9 contributes to the maintenance of healthy looking skin. These capsules are high in pure unpolluted fish oils and optimally balanced for rapid absorption and assimilation.

Omega 3 6 9 Capsules may be of benefit to:

- Those who need to support the cardiovascular, reproductive and nervous systems
- Those who need to support immune function
- Those who wish to delay or avoid age-related illnesses
- Those who wish to improve the quality of their skin
- Children to aid neural development, healthy brain function and an active lifestyle

When should I take Omega 3 6 9 Capsules?

Omega 3,6,9 capsules can be taken daily with confidence as part of an optimal diet, for general health and wellbeing by everyone. However you may need additional support to help balance the body in times of increased stress, weight loss, mental disturbances as well as general cardiovascular, immune and reproductive support.

Three Omega 3 6 9 Capsules contain (average):		%NRV	Recommended Daily Intake of Omega 3 6 9 Capsules : Adults, three capsules daily with food. Do not exceed recommended daily intake unless advised by a suitably qualified person. ** Allergen Information: For allergens, see ingredients in bold. ** FREE FROM YEAST, GLUTEN, WHEAT, STARCH & DAIRY NO ADDED SUGAR OR SALT ** FREE FROM ARTIFICIAL COLOURS, PRESERVATIVES & FLAVOURINGS
Natural Vitamin E (13 iu)	9mg	75	
Omega 3,6,9 blend (non GMO fish oil, borage oil, olive oil)	3465mg	*	
Total Omega 3 (from fish oil)	1000mg	*	
EPA	471mg	*	
DHA	315mg	*	
Total Omega 6 (from borage oil)	970mg	*	
Linoleic Acid	600mg	*	
Gamma Linolenic	370mg	*	

Acid (GLA)		
Total Omega 9 (from olive oil)	450mg	*
Oleic Acid	450mg	*

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

***: EC Nutrient Reference Value Not Yet Established**

INGREDIENTS FOR OMEGA 3 6 9 CAPSULES:

Borage Oil, **Fish Oil** Concentrate, Capsule Shell [gelling agent (gelatine), humectant (glycerol, purified water)], Olive Oil, Natural Vitamin E (d-alpha tocopherol).