



# OMEGA 3.6.9

Our 100% vegan supplement is a superior plant-based source of omega-3, -6 and -9 fatty acids. Made with flaxseed oil, Omega 3.6.9 enables you to enrich your diet with an optimal array of essential fatty acids without resorting to fish oil. Omega 3.6.9 is a convenient way to support heart health, cognitive function, healthy joints, mood, energy, and overall health. Each serving provides 1,000 mg of omega-3, 350mg of omega-6, and 460mg of omega-9 fatty acids.

## BENEFITS

Supports:

- Heart Health
- Energy & Mood
- Cognitive Function
- Healthy Joints
- Healthy Skin Function
- Healthy Weight Management
- Eye Health

NATURAL FORMULA

- Vegan
- No fishy aftertaste
- GMO-Free
- Gluten-Free
- Sugar-Free
- Sustainably sourced
- 100% vegetarian capsules



60N Vegetarian Soft Capsules #0196016



## RECOMMENDATION

Take two capsules daily, after meals with water. Capsules should be swallowed whole with water and not be chewed or crushed.

## INGREDIENTS

Flaxseed Oil (Linum usitatissimum)

## INGREDIENT HIGHLIGHTS

### FLAXSEED OIL

Derived from cold-pressing dried flax seeds, our premium-quality flaxseed oil is a natural source of polyunsaturated and essential fatty acids omega-3, omega-6 and omega-9. Flaxseed oil has been associated with numerous health benefits.

Flaxseed oil is resourced from patented flaxseed variety PKV-NL-260 & technology is developed under ICAR/NAIP project.



## FAQs

Q: What are omega-3, -6, and -9 fatty acids and why are they important?

A: The body needs omega-3 and omega-6 fatty acids but can't make them, which is why they're termed "essential"—we must get them from our diets. Omega-3s are a vital part of human cell membranes and also have other important functions, including helping to reduce inflammation and support heart health and cognitive function.

Omega-6 fats mainly provide energy, and like omega-3 fats, play a crucial role in brain function and normal growth and development. While omega-3 fatty acids help reduce inflammation, some omega-6 fatty acids tend to promote inflammation, so consuming the right ratio is important for optimal health.

Omega-9 fatty acids are not classed as essential fatty acids because your body can synthesize them from carbohydrates or other fatty acids. Omega-9s may benefit health by helping to lower LDL ("bad") cholesterol and raise HDL ("good") cholesterol. They may also play a role in controlling blood sugar levels.

For more details, scan the QR Code.



You can easily connect with us at:

## NUTRITIONAL INFORMATION

Serving Size: 2000 mg

(2 Vegetarian Soft Capsules)

No of Servings per Bottle : 30

	Per 100 g	Per Serve	% RDA (Per Serve)
Energy**	0.896 Kcal	17.92 Kcal	0.896
Protein	4 g	0.08 g	0.17
Dietary Fiber	0.00 g	0.00 g	#
Carbohydrates	10 g	0.20 g	#
Total Sugar	0.00 g	0.00 g	#
Added Sugar**	0.00 g	0.00 g	0.00
Total Fat**	98 g	1.96 g	2.93
Saturated Fatty Acid**	40 g	0.80 g	3.64
Monounsaturated Fatty Acid	18 g	0.36 g	#
Polyunsaturated Fatty Acid	64 g	1.28 g	#
Trans Fatty Acid**	0.00 g	0.00 g	0.00
Cholesterol	0.00 mg	0.00 mg	#
Sodium**	30 mg	0.6 mg	0.03
Flaxseed Oil Providing	100 g	2.00 g	#
Omega-3 Fatty Acid	50 g	1 g	#
Omega-6 Fatty Acid	17.5 g	350 mg	#
Omega-9 Fatty Acid	23 g	460 mg	#