



Category 7  
Nutritional Oils / Lecithin



**GOODFORYOU**

GOOD FOR LIFE

### Omega 3-6-9

(Flax - Primrose) #101835 100 Softgel

**Description:** Omega 3-6-9 provides a balanced blend of two essential polyunsaturated fatty acids (and their derivatives), necessary for many body functions: Omega 3 oils from flaxseed and canola, one type of Omega 6 oil (GLA) from Primrose and Black Currant. Oleic Acid, an Omega 9 oil from canola and flax, is a monounsaturated fat not considered “essential” but does play beneficial roles in human health.

#### Contents / Ingredients

#### Traditional Therapeutic Action

While small percentages of essential fatty acids can be obtained from food, the majority of the population tends to consume far more of the saturated ‘bad’ fats than essential ‘good’ fats (Omega-3 and -6). GFY Omega 3-6-9 is an ideally balanced, full-spectrum source of these three “good fats”. By utilizing high potency Omega-3 from flaxseed and canola, Omega-6 from primrose and black currant and Omega-9 (or Oleic acid, a non-essential fatty acid) from Canola and Flax, our formula helps correct this common imbalance, while minimizing any chance of reoccurring reverse imbalances.

From the FDA’s website: "Consumption of omega-3 fatty acids may reduce the risk of coronary heart disease. FDA evaluated the data and determined that, although there is scientific evidence supporting the claim, the evidence is not conclusive (see nutrition information for fat content)".

#### Supplement Facts

Serving Size 2 Softgels Servings per Container 50

	Amount Per Serving	% Daily Value
Calories		20
Calories from Fat		20
Total Fat	2 g	3% (**)
Saturated	<0.5 g	2% (**)
Polyunsaturated	1.5 g	(*)
Monounsaturated	<0.5 g	(*)
Cholesterol	0 mg	0%
Flax Seed Oil (cold pressed, organic) (Linum usitatissimuml seed)	1,400 mg	(*)
Evening Primrose Oil (cold pressed) (Oenothera biennsi seed)	300 mg	(*)
Canola Oil (cold pressed)	260 mg	(*)
Black Currant Oil (Ribes Nigrum seed)	20 mg	(*)
Pumpkin Seed Oil (Cucurbita pepo seed)	20 mg	(*)

(\*) Daily Value not established

(\*\*) Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Gelatin, glycerin, water and carob.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg or preservatives.

Each serving typically contains:

Omega-3 oils: Alpha-linolenic acid (ALA).....	900 mg
Omega-6 oils: Linolenic acid and Gamma linolenic acid(GLA).....	530 mg
Omega-9 oils: Oleic acid.....	350 mg
Other oils: (short chain fatty acids, saturated fats, phospholipids, etc).....	220 mg

**SUGGESTED DOSAGE:** As a dietary supplement, take 2 softgels 1 to 3 times daily with meals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.