



TAKE IT:

Take one capsule after breakfast and one capsule after lunch.

ABOUT OMEGAS 3,6,9 + VITAMIN E

Nutritional supplement containing the recommended doses of Omega 3, 6, 9 and Vitamin E, to strengthen the body. Provides protection, prevention and collaborates in the treatment of already diagnosed ailments. Contributes to a better physical, mental and immune status and a greater sense of well-being.

BENEFITS:

- ✓ *Protection of the cardiovascular system: helps regulate blood pressure.*
- ✓ *Prevents blood clotting*
- ✓ *Reduces joint inflammation and arthritis pain.*
- ✓ *Reduces the risk of diabetes*
- ✓ *Strengthens immune response*
- ✓ *Helps prevent metabolic syndrome*
- ✓ *Improves the condition of skin, nails and hair*

ADVANTAGES:

Omegas 3,6,9 + Vitamin E is formulated with a precise blend, the amounts contained are necessary to protect the cardiovascular system, improve circulation, regulate blood pressure and obtain other benefits such as improving skin and strengthening the immune system.

WHY OMEGAS 3,6,9 + VITAMIN E?

Omegas 3,6,9 + Vitamin E is the supplement needed to provide your body with the necessary dose of DHA, ALA, ES and more powerful fatty acids, essential for your well-being.

INGREDIENTS:

Vitamin E: powerful antioxidant, prevents age-related diseases, Alzheimer's and cardiovascular disorders, helps in the formation of red blood cells and benefits the condition of blood vessels. It is a nutrient that collaborates in the maintenance of healthy vision, reproduction, blood circulation and brain health. It collaborates in the formation of red blood cells and is beneficial for the condition of blood vessels. Vitamin E intake is mainly through diet, intake of canola and olive oil, almonds, peanuts, dairy products, cereals and meat.

Alpha linolenic acid (ALA)

Omega 3: essential fatty acid, cannot be produced by the body so it is present only in vegetable oils of flaxseed, soybean and canola and other fruits and seeds. It benefits in the reduction of blood pressure, inflammation in joints, lungs, brain and digestive tract. In addition to reducing the risk of heart disease and type 2 diabetes.

Linoleic acid (LA) Omega 6: fatty acid that is part of the family of vegetable fats, different from omega 3. It is found in all parts of the body and has benefits such as regulating metabolism and blood clotting, improving immune response and contributing to lipid balance. Similarly, omega-6 is known to decrease the risk of diabetes, increase defenses and help fight hair loss.

Oleic acid (ES) Omega 9: complementary fatty acid to omega 3 and 6, it has properties that benefit the prevention of metabolic syndrome, protect the body from hypertension and insulin sensitivity. It is mainly found in olive oil.

SUPPLEMENT FACTS

Serving Size: 1 Soft Gel Capsule
Servings Per Container: 60 capsules

Serving Size Amount Per Serving	1 Soft Gel Capsule %DV*	
Calories	9	
Calories from Fat	8	
Amount Per Serving	%DV*	
Total fat	<1 g	1%
Saturated fat	<1 g	<1%
Polyunsaturated Fat	<1 g	*
Monounsaturated Fat	<1 g	*
Total Omega	714 mg	*
Typical Average Fatty Acid Profile		
Alpha Linoleic Acid (ALA) Omega 3	447 mg	*
Linoleic Acid (LA) Omega 6	110 mg	*
Oleic Acid (OA) Omega 9	137 mg	*
Gamma Linoleic Acid (GLA)	4 mg	*
Docosaheptaenoic Acid (DHA)	16mg	*

Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age. Daily Value (DV) not established.