



# Omega 3-6-9

*Nature's Harmony® Omega 3-6-9 is a rich source of essential fatty acids. This unique formulation combines the oils from cold-water fish, flax seed and borage into one easy-to-take softgel capsule. With the wide-ranging actions of essential fatty acids in the body, Omega 3-6-9 offers significant benefits for a number of health conditions.*

PRODUCT CODE: 400592

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Optimal skin, heart, brain, eye and nervous system health.	Softgel capsule	Take 2 softgels three times daily.

## DESCRIPTION:

The body needs the right balance of essential fatty acids every day in order to function at its best. Often diet alone can provide too much of one essential fatty acid (EFA) and not enough of another. Typical Western diets tend to be much higher in omega-6 fatty acids than omega-3 fatty acids. Nature's Harmony® Omega 3-6-9 can help strike the right balance with 400 mg of each type of oil.

Nature's Harmony® Omega 3-6-9 is a rich source of the omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are found in the oils of cold-water fish. In addition, it contains borage oil, an excellent source of gamma-linolenic acid (omega-6). The flax seed oil provides alpha-linolenic acid (omega-3), linoleic acid (omega-6) and oleic acid (omega-9).

The oil in Nature's Harmony® Omega 3-6-9 is extracted naturally without the use of hexane or other chemical solvents and cold pressed to prevent nutrient loss during processing.

**Recommended Daily Allowance:** N/A

**Food Sources:** Cold-water fish as well as flaxseed, canola oil, walnuts, soybeans, whole grains and leafy greens.

**Causes of Deficiency:** A diet low in omega-3 fats and high in hydrogenated vegetable oils and saturated fats.

**Symptoms of Deficiency:** Improper brain development and function, inflammation, increased risk of heart disease, poor vision, skin problems.

**Complementary Nutrients:** Probiotics, daily multi-vitamin with antioxidants, aged garlic extract.

## HOW IT WORKS:

Essential fatty acids (EFAs) are used by the body to produce eicosanoids, which are potent substances that help maintain healthy blood, decrease cholesterol levels and reduce inflammation.

Omega-3 fatty acids are also important elements of healthy brain and nerve cell membranes. Omega-3 fatty acids can help keep blood triglyceride levels low (high triglycerides are associated with increased risk of heart disease), decrease cholesterol production in the liver and inhibit the progression of arteriosclerosis (hardening of the arteries). The addition of LNA from flax oil and GLA from borage oil ensures that the supplement offers a premium combination of the necessary essential fatty acids.

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## RESEARCH:

Over the last 20 years, essential fatty acids have been involved in several groundbreaking clinical trials, changing the way we think about fats in our diet. A study from the University of Guelph found that female participants taking an omega-3 supplement that contained DHA and EPA for one month had a 26% decrease in triglyceride levels in their blood. Other studies with fish oils have shown similar results, lowering triglyceride levels anywhere from 20 to 50% and also helping to lower LDL, or bad, cholesterol while increasing HDL, or good, cholesterol. In addition to their heart healthy benefits, studies show fish oils can be beneficial for joint pain, Crohn's disease, psoriasis and depression. GLA from borage oil has been shown in clinical studies to benefit rheumatoid arthritis, skin conditions, diabetic neuropathy and heart health. LNA from flaxseed oil has been known to benefit heart health and immune system function.

## SIDE EFFECTS:

No known toxicity or serious side effects. High doses of omega-3 fatty acids may cause stomach upset and diarrhea. Supplementation with fish oils may decrease the production of the enzyme responsible for the conversion of LA to GLA. Do not exceed recommended daily dosage.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Pregnant or breastfeeding women, diabetics and patients on anticoagulants (blood thinners) or antihypertensive (high blood pressure) medications should consult with their health care provider before use.

Borage oil is contraindicated for those with manic episodes of bipolar disorder or insomnia. Individuals with any of these conditions should consult their health care practitioner prior to use.

Individuals who are taking blood-thinning medications, have insomnia or have a goiter should consult their health care practitioner prior to use.

## LABEL:

**Natures Harmony**

**Omégas 3-6-9**  
**1200 mg**

**Source naturelle sans hexane**

**60 gélules**  
NPN 80003837

**Usage recommandé :** Maintient et favorise la santé du cœur. Aide à soutenir la santé cognitive et la fonction cérébrale. Une source d'acides gras oméga-3 pour le maintien d'une bonne santé.  
**Dose recommandée (adultes) :** Prendre 2 gélules, trois fois par jour.  
**Ingrédients médicinaux :**  
Chaque gélule contient :  
Huile de graines de bourrache (*Borago officinalis*) ..... 400 mg  
Acide gamma-linolénique (AGL) ..... 76 mg  
Huile de poisson (anchois, sardine) ..... 400 mg  
Acide eicosapentaénoïque (EPA) ..... 72 mg  
Acide docosahexaénoïque (ADH) ..... 48 mg  
Huile de graines de lin (*Linum usitatissimum*) ..... 400 mg  
Acide alpha-linolénique (AAL) ..... 212 mg  
**Ingrédients non médicinaux :** vitamine E, gélatine, glycérine.  
**Information sur les risques :** Consulter un praticien de soins de santé avant l'utilisation si vous prenez des anticoagulants ou si vous souffrez d'un trouble hémorragique.  
Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, sulfites, ni colorants, arômes ou agents de conservation artificiels.  
Ce produit a été soumis à des essais de qualité et est conforme aux normes internationales sur le dépistage d'arsenic, de cadmium, de plomb, de mercure, et de résidus de pesticides et de solvants.  
**RANGER DANS UN ENDOIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.**

**Natures Harmony**

**Omega 3-6-9**  
**1200 mg**

**Natural Source Hexane-Free**

**60 Softgels**  
NPN 80003837

**Recommended Use:** Maintains and promotes heart health. Helps support cognitive health and brain function. A source of omega-3 fatty acids for the maintenance of good health.  
**Recommended Dose (Adults):** Take 2 softgels three times daily.  
**Medicinal Ingredients:**  
Each softgel contains:  
Borage (*Borago officinalis*) seed oil ..... 400 mg  
Gamma linolenic acid (GLA) ..... 76 mg  
Fish oil (anchovy, sardine) ..... 400 mg  
Eicosapentaenoic acid (EPA) ..... 72 mg  
Docosahexaenoic acid (DHA) ..... 48 mg  
Flax (*Linum usitatissimum*) seed oil ..... 400 mg  
Alpha linolenic acid (ALA) ..... 212 mg  
**Non-medicinal Ingredients:** Vitamin E, gelatin, glycerin.  
**Risk Information:** Consult a health care practitioner prior to use if you are taking blood thinners or have a bleeding disorder.  
This product does not contain corn, dairy, egg, gluten, sulfites, or artificial colours, flavours, or preservatives.  
This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides and solvent residues.  
**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

Actual Size  
Grandeur réelle

4100592-01-03

DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

[www.naturesharmony.com](http://www.naturesharmony.com)  
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## DID YOU KNOW...

*Borage oil is harvested from the seed of a garden herb called borage, or starflower. Borage seed is the richest source of GLA, or gamma linolenic acid, found in nature, containing twice the GLA as evening primrose oil.*