

# Omega 3-6-9

PROFESSIONAL FORMULATION



Item # VO369-1608  
90 Soft Gels Per Bottle  
1608 mg of Essential Fatty Acids (EFA)



- Omega-3 Fatty Acids
  - Molecularly Distilled for Purity
  - Alpha Linolenic Acid (ALA)
  - Eicosapentaenoic Acid (EPA)
  - Docosahexaenoic Acid (DHA)
- Omega-6 Fatty Acids
  - Linoleic Acid (LA)
  - Gamma-Linolenic Acid (GLA)
- Omega-9 Fatty Acids
  - Oleic Acid

## ALL THREE EFA'S IN ONE CONVENIENT FORM

Vinco's Omega 3-6-9 is a potent mix of Essential Fatty Acids (EFA's), designed to supply all the essential fatty acids from the highest-grade natural sources available. The Omega-3 fatty acids have been Molecularly Distilled for purity, contain NO Heavy Metals, and are from sardines and anchovies, which is the cleanest source. Omega's 3,6, and 9 have been shown to play a beneficial role in immune system, cardiovascular health, and pain management.

Omega-3 fatty acids are a form of polyunsaturated fats, or "good" fats, and are one of four basic types of fat that the body derives from food. All polyunsaturated fats, including the Omega-3's, are increasingly recognized as important to human health. Key Omega-3 fatty acids include Eicosapentaenoic Acid (EPA) and Docosahexanoic Acid (DHA), both found primarily in oily cold-water fish such as Tuna, Salmon, Mackerel, Sardines, and Anchovies. The third Omega-3, called Alpha-Linolenic Acid (ALA) is found primarily in dark green leafy vegetables, flaxseed oils, and certain vegetable oils. Omega-3 fatty acids are important building blocks of our cell membranes, signaling pathways and neurological systems. They play a critical role in many functions in the body and have been shown to improve heart health, reduce hypertension, improve Rheumatoid Arthritis, improve depression and other mental health symptoms, aid in cancer prevention and support, as well as skin disease like eczema, and psoriasis.

Omega-6 fatty acids are also a form of polyunsaturated "good" fats, that come from plant fats. Linoleic Acid (LA) and Gamma-Linolenic Acid (GLA) are acids included in Omega-6, that are ultimately converted in the body to prostaglandins, which are hormonelike molecules that help to regulate inflammation and blood pressure as well as heart, gastrointestinal, and kidney functions. Omega-6 fatty acids with a high GLA content may also help to reduce aches and pains of Rheumatoid Arthritis, relieve discomfort of PMS, Endometriosis, and fibrocystic breasts, reduce symptoms of eczema and psoriasis, help clear up acne and rosacea, and has been shown to help prevent and improve diabetic neuropathy.

Omega-9 or Oleic acid, can be manufactured by the human body, but in limited quantities, unlike Omega-3 and Omega-6 fatty acids. Oleic acid is the most abundant fatty acid that is found in nature, is the primary oil produced by skin glands, and is the primary monounsaturated fatty acid found in olive oil. Omega-9 (Oleic acid) has been shown to reduce atherosclerosis (hardening of the arteries), reduces insulin resistance, which leads to improved glucose (blood sugar) maintenance, and improves immune system function.

Directions For Use: As a dietary supplement for adults and children twelve or more years of age, take three soft gels daily, or as directed by a qualified healthcare professional.

Supplement Facts	Serving Size: 3 Soft Gels	
	Servings per Container: 30	
	Amount per Serving	% DV
Calories	34.2	
Calories From Fat	29.4	
Total Fat	3,267 mg	5%
Total Carbohydrate	384 mg	<1%
Protein	834 mg	1.7%
Total Omega Fatty Acids	1,606 mg	*
Total Omega-3 Fatty Acids	764 mg	*
Alpha-linolenic Acid (LNA)	404 mg	
Eicosapentaenoic Acid (EPA)	216 mg	
Docosahexaenoic Acid (DHA)	144 mg	
Total Omega-6 Fatty Acids	557 mg	*
Linoleic Acid (LA)	384 mg	
Gamma-Linoleic Acid (GLA)	173 mg	
Total Omega-9 Fatty Acids	285 mg	*
Oleic Acid	285 mg	

\*Daily Value (DV) not established  
DV is based on a 2,000 calorie diet.

Other Ingredients: Fish Oil, Borage Oil, Flaxseed Oil, Olive Oil, Capsule (gelatin, glycerine, purified water).

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.