

Supplement Facts

Serving Size 1 Capsule

Serving Per Container 90

	Amount Per Serving	% Daily Value
Calories	13	
Calories from Fat	11	
Total Fat	1g	<1%
Cholesterol	2.8g	<1%
Vitamin E (as mixed tocopherols)	10IU	33%
Borage Seed Oil(GMO free)	400mg	**
(Supplying 128mg Linoleic[Omega 6], 76mg Gamma Linolenic Acid[Omega 6] and 78mg Oleic Acid[Omega 9])		
Fish Oils Oil(Cold Water)	400mg	**
(Supplying 72mg EPA[Omega 3], and 48mg DHA[Omega3])		
Flax Seed Oil(GMO free)	400mg	**
(Supplying 212mg Alpha Linoleic Acid[Omega 3], 47mg Linolenic Acid[Omega 6] and 75mg Oleic Acid[Omega 9])		

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

* Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.