

**Directions:** As a dietary supplement, take one or more softgels daily.

Essential Fatty Acids Ultra is a blend of oils from Evening Primrose, Borage, Flaxseed & Marine Lipid Concentrate (fish oils). This unique blend provides a full spectrum of omega 3, 6 & 9 fatty acids. These essential fatty acids support the body's structural maintenance of cell membranes and production of eicosanoids. Eicosanoids are hormone-like substances which help regulate blood pressure, blood clot formation, blood lipids, and immune response. This product should be part of any basic foundation program (i.e., a basic program of vitamins and minerals), and provides support for cardiovascular and immune systems.†

No sugar, salt, starch, yeast, corn, lactose, gluten, milk, egg, fish products, artificial coloring, flavoring, or preservatives added.

Store in a cool, dry place. Do not refrigerate. Please recycle.

**KEEP OUT OF THE REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.**

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

Viva Vitamins™ fully guarantees the potency of this product through:



# OMEGA 3-6-9

*Essential fatty acids*

heart healthy



Support for healthy cardiovascular and immune system function†

100 softgels  
dietary supplement

## Supplement Facts

Serving Size: 1 Softgel      Servings Per Container: 100

	Amount Per Serving	%DV
Calories	9	
Calories from Fat	9	
Total Fat	1 g	
Vitamin E (as d-alpha tocopherol)	5 IU	17
Evening Primrose Oil	200 mg	**
(Cold Pressed, 9.5% GLA)		
Borage Oil (Cold Pressed, 20% GLA)	200 mg	**
Organic Flax Seed Oil	200 mg	**
Fish Oils (30%)	200 mg	**
Typical Values		
Omega-3 fatty acids	160 mg	**
Omega-6 fatty acids	287 mg	**
Omega-9 fatty acids	65 mg	**

\* Percent Daily Value is based upon a 2,000 calorie diet.

\*\* Daily value not established.

**Other Ingredients:** Gelatin, glycerin, bee's wax, soy oil, purified water.

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16201 Lindbergh Street, Van Nuys, CA 91406  
for more information visit [www.vivavitamins.com](http://www.vivavitamins.com)

**MADE IN THE USA**