Complete Omega Essentials®



A Balanced Blend of Omega 3, 6, 7, & 9 Fatty Acids*

- Enhances neurological health and cognitice function*
- Supports healthy inflammatory response*
- Promotes cardiovascular health*
- Encourages skeletal health and bone density*

Complete Omega Essentials® combines the health benefits of fish oil with that of select plant oils to offer a comprehensive, balanced, fatty acid supplement. It features premium quality fish oil concentrate combined with sea buckthorn and borage seed oils to provide optimal ratios of omega-3, -6, -7, and -9 fatty acids, along with a full spectrum of naturally occurring carotenoids. Complete Omega Essentials® supports healthy function of the cardiovascular, neurological, skeletal, and immune systems, while promoting a healthy inflammatory response and providing antioxidant activity.*

Supplement Facts

Serving Size: 4 softgels
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Calories	40	
Total Fat	4 g	5%*
Protein	<1 g	2%*
Proprietary Blend Fish Oil Concentrate, Organic Borage Seed Oil, Sea Buckthorn (*Hippophae rhamnoides*) Berry Ext.	3680 mg	**
Omega 3		
EPA (Eicosapentaenoic Acid)	750 mg	**
DHA (Docosahexaenoic Acid)	550 mg	**
Omega 6		
GLA (Gamma Linolenic Acid)	300 mg	**
Omega 7		
Palmitoleic Acid	40 mg	**
Omega 9		
Oleic Acid	270 mg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value Not Established

Other Ingredients: Softgel Shell (fish gelatin, glycerin, purified water), Vitamin E (from mixed tocopherols).

Contains fish (anchovy, sardine, mackerel, tilapia) and non-GMO soy.

DOES NOT CONTAIN: Wheat, milk, eggs, crustacean shellfish, tree nuts, peanuts, sesame

Available in 120 capsules

SUGGESTED USE: 4 softgels daily or as directed by your healthcare practitioner

STORAGE: Refrigerate after opening. Protect from heat, light, and moisture.

FEATURING

Fish Oil Concentrate (Anchovy, Sardine, Mackerel)

Fish oil derived from anchovies, sardines, and mackerel is a natural source of EPA and DHA. These omega-3 fatty acids, often deficient in the diet, are essential for healthy neuron development and protection. Research suggests a direct connection between low levels of omega-3 fatty acids such as DHA and mental health challenges including irritability, occasional mood changes, and age-associated memory loss. EPA and DHA are highly supportive of optimal joint health and healthy immune system function. They have also been found to encourage healthy cardiovascular and inflammatory response function.*

Our pharmaceutical grade fish oil is manufactured in true triglyceride molecular form (never ethyl esters) to encourage maximum absorption. It is molecularly distilled to produce an ultra-pure, refined oil that undergoes third-party testing to ensure potency and purity. Our oil is sustainably harvested, derived from fish naturally low in toxins, and is certified by Friend of the Sea – a non-profit organization dedicated to the conservation of marine habitat.*

Borage Seed Oil

Borage is widely grown in the Mediterranean regions where it has been valued as a food and an herbal remedy since ancient times. Borage seed oil contains the omega-6 oil GLA (gamma-linolenic acid), linoleic acid, and oleic acid, along with small amounts of other fatty acids. Borage seed oil is also high in tocopherols and phenolic compounds, both of which contribute to its high resistance to oxidation and antioxidant activity. Borage seed oil is shown to promote healthy inflammatory response and lipid metabolism, support bone health, modulate immune response, and to encourage healthy skin.*

Sea Buckthorn Berry Oil

Siberian Sea Buckthorn, a flowering shrub with golden-orange berries, was revered as food and medicine by the Greeks, Romans, Russians, Tibetans, and Chinese. Sea Buckthorn berry oil contains a unique fatty acid profile, offering a nutritious blend of omega-3, -6, -7 and -9 unsaturated fatty acids, along with carotenoids, tocopherols, and phytosterols. This outstanding profile of fatty acids, nutrients, and antioxidant compounds nourish and support eye systems, resilient skin, cardiovascular and digestive health, and healthy cellular function. Natura's pure Sea Buckthorn berry oil is a supercritical fluid extraction from the whole berry, including the seeds.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

NATURA HEALTH PRODUCTS®

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Our specialty ingredients are certified by analysis for purity and potency, and this product is manufactured under current Good Manufacturing Practices (cGMP).