

OTHER INGREDIENTS: Capsule (gelatine), glycerine.

CONTAINS NO artificial colours, flavours or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish.

DIRECTIONS FOR USE: Take one softgel up to five times daily with food.

KEEP OUT OF THE REACH OF CHILDREN. Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied diet.

**We Guarantee Our Supplements
for Potency and Purity**

G. BALDWIN & CO
LONDON SE17 1RW
www.baldwins.co.uk



G Baldwin & Co

ULTIMATE OMEGA COMPLEX™

Plus Vitamin E

Food Supplement

90 SOFTGELS

Product Information

Serving Size 1 Softgel

Amount Per Serving	% RDA†
Total Calories 10	
Calories from Fat 10	
Total Fat	1 g 3%
Polyunsaturated Fat	0.5 g
Vitamin E (as mixed tocopherols)	6.7 mg 55%
Borage Oil	400 mg *
Fish Oil [from Anchovies (<i>Engraulis ringens</i>), Sardines (<i>Sardinops sagax</i>), and/or Mackerel (<i>Trachurus symmetricus</i>)]	400 mg *
Flax Oil	400 mg *
Fatty Acid composition:	
Gamma-Linolenic Acid (GLA)	76 mg *
Alpha-Linolenic Acid (ALA)	212 mg *
Eicosapentaenoic Acid (EPA)	72 mg *
Docosahexaenoic Acid (DHA)	48 mg *
Oleic Acid	154 mg *
Linoleic Acid	176 mg *
Total Omega-3 Fatty Acids	332 mg *
Total Omega-6 Fatty Acids	252 mg *
Total Omega-9 Fatty Acids	154 mg *

† Recommended Daily Allowance

* RDA not established

For Best Before End see bottom of the bottle.

STORE IN A COOL DRY PLACE

UK 138-90UL

