

Multibolt 369 SoftgelTablet

Omega 3, 6, 9 Softgel Capsule

Composition:

Each softgel capsule contains:

- **Omega-3 Fatty Acids (from Fish Oil) – 300mg**
- **Omega-6 Fatty Acids (from Evening Primrose Oil) – 150mg**
- **Omega-9 Fatty Acids (from Olive Oil) – 100mg**

Description:

Omega 3, 6, and 9 are essential fatty acids that play a crucial role in maintaining overall health. Omega-3 fatty acids, particularly EPA and DHA, are well-known for their cardiovascular, brain, and eye health benefits. Omega-6 fatty acids support skin health, immune function, and metabolism. Omega-9 fatty acids help maintain healthy cholesterol levels and support the reduction of inflammation.

This softgel formulation provides a balanced ratio of Omega-3, 6, and 9 fatty acids from high-quality sources like fish oil, evening primrose oil, and olive oil, offering a comprehensive blend to support heart, brain, and joint health.

Indications:

Omega 3, 6, 9 Softgel is recommended for:

- **Cardiovascular Health:** Supports heart health by promoting healthy cholesterol and triglyceride levels and reducing inflammation.
- **Brain Function:** DHA and EPA in Omega-3 support cognitive function,

improve memory, and help manage mood disorders.

- **Skin Health:** Omega-6 supports the maintenance of healthy skin, helps manage dryness, and promotes a youthful appearance.
- **Joint Health:** Omega-3 and Omega-9 reduce inflammation and support joint flexibility, particularly beneficial for individuals with arthritis.
- **Immune Support:** Balances the immune system and aids in the fight against infections.
- **General Wellness:** Enhances overall health by maintaining cellular structure and function, improving energy levels, and supporting metabolic processes.

Dosage and Administration:

- **Adults:** Take 1 softgel capsule daily with a meal, or as directed by a healthcare provider.
- **Children:** Not recommended for children unless advised by a healthcare provider.
- **Pregnancy and Lactation:** Consult your healthcare provider before using this supplement during pregnancy or breastfeeding.

Contraindications:

- **Hypersensitivity:** Known allergy to any of the ingredients in the formulation, especially fish or soy.
- **Blood Disorders:** People with bleeding disorders or those taking blood-thinning medications (e.g., warfarin) should consult their doctor before using this supplement due to Omega-3's potential effect on blood clotting.

Precautions:

- **Pregnancy and Breastfeeding:** While Omega-3 fatty acids are beneficial during pregnancy, it is important to consult a doctor before use.
- **Surgery:** Discontinue use at least 2 weeks before any scheduled surgery due to its effect on blood clotting.
- **Diabetes:** Omega-3 fatty acids may affect blood sugar control in some individuals. Monitor blood sugar levels if you have diabetes.

Side Effects:

While generally safe, some individuals may experience:

- **Gastrointestinal Disturbances:** Nausea, indigestion, or bloating, especially if taken on an empty stomach.
- **Fishy Aftertaste:** Some people may experience a fishy taste or burping after taking the softgel, which can be minimized by taking it with food.
- **Allergic Reactions:** Rare cases of allergic reactions such as rash, itching, or swelling may occur, particularly for individuals allergic to fish.

If you experience any of the following, discontinue use and consult a healthcare provider:

- **Severe Allergic Reactions:** Swelling of the face, lips, tongue, or throat (anaphylaxis).
- **Unusual Bleeding or Bruising:** Consult your doctor if you experience abnormal bleeding.

Storage:

- Store in a cool, dry place, away from direct sunlight.
- Keep out of reach of children.
- Do not use if the seal is broken or missing.

Packaging:

Available in a bottle containing 30, 60, or 90 softgel capsules, or as specified by the packaging size.

Note:

- This product is a dietary supplement and should not be used as a substitute for a balanced diet or healthy lifestyle.
- If you are taking any medications or have any underlying health conditions, it is advised to consult a healthcare provider before starting this supplement.
- Always follow the recommended dosage for optimal results.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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