



Omega-3 Fish Oil

- **Omega-3 is an enteric coated Omega-3 fatty acid supplement to support cholesterol levels within normal ranges without a fishy after taste.***
- **Omega-3 Supports:**
 - Cell membrane structure*
 - Healthy hair and skin*
 - Hormone balance within normal ranges*
 - Proper cardiovascular, nerve, neurological and immune system functions*
 - Maintenance of triglyceride levels within normal ranges*
 - Maintenance of cholesterol levels within normal ranges*
 - Normal platelet aggregation*
- **Omega-3 is from fish that are wild caught. The oil is molecularly distilled and assayed for heavy metals."**
- The omega-3 fatty acids are important to health, especially for the heart, brain and cell membranes of the body.*
- The omega-3 fatty acids, Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), are precursors to the PGE3 series of prostaglandins, which are substances important to proper body regulation.*
- Populations such as the Eskimo and Japanese who consume an oily fish diet rich in natural marine lipids show a strikingly low incidence of heart disease, in spite of their high fat consumption.*
- It is an easy-to-swallow enteric coated softgel that contains EPA and DHA.*

Supplement Facts

Serving Size 1 Softgel

Servings Per Container:

Calories	10
Total Fat	1 g
Cholesterol	5 mg
Vitamin E (as d-alpha Tocopherol)	3.4 mg
Fish Oil Concentrate	1,000 mg
Yielding: Eicosapentaenoic Acid (EPA)	300 mg
Docosahexaenoic Acid (DHA)	200 mg

Other ingredients: gelatin, glycerin, water, pharmaceutical glaze, sodium alginate, sunflower lecithin, medium chain triglycerides, stearic acid.

Contains: Fish Oil (anchovy & sardines).

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 softgel, twice daily, with a meal, or as directed by your healthcare practitioner.

*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.

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