

# OMEGA-3

The plentiful benefits of fish oil with no fishy flavor.

Item No. 74892  
60 Capsules

Omega-3 is a natural triglyceride fish lipid concentrate containing essential fatty acids that are not synthesized by the body and must be obtained through diet or supplementation. Providing 380 mg EPA/190 mg DHA per capsule.

## BENEFITS

- Supports cardiovascular function\*
- Supports brain health\*
- Supports positive mood\*
- May promote healthy circulatory function\*

## RECOMMENDED USE

Take one capsule with a meal 2 times daily.



<b>Supplement Facts</b>		
Serving Size 1 Capsule		
Servings per container: 60		
	Amount Per 1 Capsule	% Daily Value
Fish Oil (anchovy, sardine, mackerel)	1000mg	†
Eicosapentaenoic Acid (EPA)	380mg	†
Docosahexaenoic Acid (DHA)	190mg	†

†Daily Value not established.

Other Ingredients: Vegetable capsule (cornstarch, carrageenan, glycerin, sorbitol, water), lemon oil.

*\*As with any nutritional product, please consult your physician before use, especially if pregnant, lactating, or have a known medical condition. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*