



Omega 3 Fish Oil combines wild and pure sources of sardine, mackerel & anchovy oils to provide clinically proven dosages of EPA and DHA. Increased consumption of fish is beneficial to health. Recent studies have found an association between consumption of fish oil and a reduced risk of cardiovascular disease, improvements in brain function, mood, joints and skin health.

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Softgel / Portion: 1 gélule
Servings Per Container: 180 / Portions par contenant : 180

Amount / Quantité	Per serving (1 capsule) / Par portion (1 capsule)
Fish Oils (from Sardine, Mackerel & Anchovy)/ Huile de poissons (de sardine, de maquereau et d'anchois)	1000 mg
EPA/d'AEP (Eicosapentaenoic Acid/acide eicosapentaénoïque)	180mg
DHA/d'ADH (Docosahexaenoic Acid/acide docosahexaénoïque)	120mg

Non-Medicinal Ingredients: Gelatin, Glycerin, Water (Softgel).
Ingrédients non médicinaux : Gélatine, Glycérine, Eau (gélule).

Benefits

- Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in omega 3 are vital to many aspects of heart health
- High-potency wild fish oil standardized to contain a minimum of 40% EPA and 20% DHA
- Omega 3 supports brain health and provides support against depression and migraines
- EPA and DHA help to control and reduce inflammation
- Natural antioxidant support

Omega 3 1000 mg 180 Soft gels 87084700108-5