



# 1 000mg OMEGA 3

PHARMACEUTICAL GRADE FISH OIL

Omega 3 fatty acids are an absolute essential to any individual and especially to those who undertake fitness pursuits and exploits. By taking a healthy daily dose of omega 3, you can all from:

- Improvements in brain health and functionality.
- Lowering the risks of heart disease.
- Reduction in the effects of Metabolic Syndrome.
- Fights and alleviates inflammation.
- Creates a buffer that fights autoimmune diseases.
- Helps prevent cancer.
- Reduces liver fat.
- Greatly improves the health of joints and ligaments.
- Largely improves sleep.



3 TIMES  
A DAY

WELLNESS  
SERIES

## Active Ingredient Content

Serving Size: 1 Softgel  
Servings Per Container: 90

	Per 1 Softgel Serving	NRV
Marine Lipid Concentrate (Fish Oil)	1 000 mg	†
EPA (Eicosapentaenoic Acid)		
DHA (Docosahexaenoic Acid)		

NRV - Nutrient Reference Values for individuals older than 4 years.  
† - NRV not established

**Ingredients:** Fish Oil, Eicosapentaenoic Acid, Docosahexaenoic Acid.

**Other Ingredients:** Softgel Capsule (Gelatin, Glycerine).

**Allergen Information:** Contains no common allergens, but is produced in a facility that processes Whey, Casein and Egg.



**Disclaimer:** Seek advice from a health care professional before use if you have any pre-existing medical condition. Do not use if you are pregnant or nursing, or if you are being treated for heart disease or high blood pressure. Should not be used in conjunction with any prescription medication, including MAO inhibitors, stimulants or anti-depressants. Discontinue use and consult your doctor if any adverse reactions occur. KEEP OUT OF REACH OF CHILDREN.

AVAILABLE SIZES:  
**90 Capsules**

AVAILABLE FLAVOURS:  
Not Applicable