



PRODUCT INFORMATION

One softgel capsule typically provides:

Eicosapentaenoic acid (EPA)	180mg
Docosahexanoic acid (DHA)	120mg
Total fish oil	1000mg

INGREDIENTS: Omega 3 fish oil (antioxidant: natural mixed tocopherols); capsule shell: gelatine, glycerine, antioxidant: d-alpha tocopherol.

DOES NOT CONTAIN: sugar, salt, starch, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

This product is not tested on animals.



HIGHER NATURE®

FROM
SUSTAINABLE
SOURCES

OMEGA 3 FISH OIL

high in EPA & DHA
1000mg

90 capsules
FOOD SUPPLEMENT

OMEGA 3 FISH OIL 1000mg 90 capsules

FIS090

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- ✓ DHA contributes to maintenance of normal brain function.*
- ✓ DHA contributes to maintenance of normal vision.*
- ✓ EPA & DHA contribute to normal function of the heart.*
- *Beneficial effect is obtained with a daily intake of at least 250mg of DHA and EPA.

DIRECTIONS: Take 1-3 capsules (children over 8 years, 1 capsule) a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

OMEGA 3 FISH OIL is a pure, unconcentrated, premier quality fish oil from sustainable sources, providing natural levels of the key omega 3 fatty acids, EPA and DHA, plus fish oil's other components, including carotenoids and tocopherols, which work synergistically together. Every batch is scrupulously screened for PCBs and other pollutants to ensure the highest standard possible. Protected with natural tocopherols. Store in a cool, dry, steam free environment out of the reach of children.

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FIS-033-07