



EASY SWALLOW MINIS

**630 MG EPA + DHA
OMEGA-3**
PER SERVING

Actual capsule size.



EASY TO SWALLOW

Easy Swallow Minis are popular with tweens, teens, and adults alike who find it difficult to swallow larger pills. Our fresh Fish Oil is produced from wild Alaskan Pollock caught in U.S. waters. We then purify and gently concentrate the oil up to 75% Omega-3 to make a mini capsule, yet in two small gels provide 630mg Omega-3's EPA and DHA. Compared with a regular strength Fish Oil pill, each capsule is 50% smaller, yet provides 30% more Omega-3.

- Our most affordable product for a 1-month supply of healthy Omega-3s!
- EPA and DHA contribute to the maintenance of normal cardiac function. A beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.
- DHA contributes to the maintenance of normal brain function and vision. A beneficial effect is obtained with a daily intake of 250 mg of DHA.



Recommended use: As a food supplement, take 2 capsules daily with food.

Nutrition Information	Average per 2 capsules
Concentrated Fish Oil	900 mg
Providing Omega-3 Fatty Acids of which:	670 mg
EPA (Eicosapentaenoic Acid)	360 mg
DHA (Docosahexanoic Acid)	270 mg
Other Omega-3 Fatty Acids	40 mg

mg = milligramme

Ingredients: Concentrated Wild Alaska Pollock (Fish) Oil, Capsule Shell (gelling agent: Gelatin, humectant: Glycerin, Purified Water), antioxidant: tocopherol-rich extract (Natural Vitamin E).

Count	60 Capsules	180 Capsules
RRP	£13.99	£32.99



From an MSC Certified Fishery. For more information, see page 13



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