

FISH OIL

High Potency 1000mg

INGREDIENTS: Fish oil concentrate (from sardine and anchovy), capsule shell (gelatin, humectant: glycerol) antioxidant: mixed tocopherols.

RECOMMENDED INTAKE: 1-2 capsules to be taken daily with food as a food supplement or as directed by a medical practitioner. Do not exceed the recommended daily intake. This product should not be used as a substitute for a varied, balanced diet and lifestyle. **Avoid if there is any deficiency of the liver. If you are on anti-thrombotic drugs (e.g. Warfarin or Heparin) consult your doctor before taking.**

- Keep out of sight & reach of children
- Do not use if sealing strip is missing or broken
- **BEST BEFORE DATE:** see base of container
- Store in a cool, dry place. Should be refrigerated in hot weather.

PRODUCT CODE: C023

Nature's Own

Healthy Goodness

ESSENTIAL FATTY ACIDS

FISH OIL

High Potency 1000mg

FOOD SUPPLEMENT

60 CAPSULES

PRODUCT INFORMATION:

60 CAPSULES = 30-60 DAYS SUPPLY

One capsule will provide on average:

Average Values:

Fish Oil	1000mg
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which provides:

Eicosapentaenoic acid (EPA)	330 mg
Docosahexaenoic acid (DHA)	220 mg

The oil is cold water low pressure distilled to ensure it is clean, stable and free from pollutants.

*EPA and DHA contribute to the normal function of the heart. The beneficial effect is obtained with a daily intake of 250mg of EPA and DHA.

We guarantee this product FREE FROM:
GMO, WHEAT, SOY, DAIRY, ADDED SUGAR,
FLAVOURINGS & COLOURINGS

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