# NU46219 Omega 3 Fish Oil 2000mg Softgels

Nature's Truth Omega 3 Fish Oil 2000mg - 60 Softgels

#### **OVERVIEW:**

Each softgel of Nature's Truth Omega 3 Fish Oil 2000mg delivers 2000mg of concentrated fish oil, rich in omega-3 fatty acids, including EPA and DHA. Sourced from high-quality fish, this supplement is designed to provide essential nutrients that support heart and brain health. The easy-to-swallow softgel format ensures convenient, daily supplementation.

### **KEY INGREDIENTS & BENEFITS:**

Fish Oil Concentrate: Omega-3 fatty acids, particularly EPA and DHA, are essential for heart health, cognitive function, and reducing inflammation. Fish oil is one of the most effective ways to deliver these beneficial nutrients, supporting cardiovascular health and promoting mental clarity and cognitive function. Omega-3s also play a role in maintaining healthy joints and reducing the symptoms of joint discomfort.

Tocopherol-Rich Extract: A natural antioxidant, tocopherols help protect the delicate oils from oxidation, ensuring the freshness and potency of the omega-3s.

With these beneficial ingredients, this fish oil supplement is an ideal choice for individuals looking to enhance heart, brain, and joint health, helping to keep you feeling your best every day.

looking to enhance heart, brain, and joint health, helping to keep you feeling your best every da
DIETARY:
Dairy Free
Gluten Free
Wheat Free
Sugar Free
ALLERGENS:

Contains fish. For allergens, see ingredients in bold.

### ADDITIONAL INFORMATION:

Packaging is 100% recyclable.

Made in the UK under GMP and BRC accredited standards, ensuring high quality and safety.

# **INGREDIENTS:**

Fish Oil Concentrate, Bovine Gelatin, Humectant (Glycerin), Antioxidant (Tocopherol-Rich Extract). For allergens see ingredients in bold.

DOSE: 2