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Other ingredients: Beeswax, rosemary extract, natural vitamin E, ascorbyl palmitate, citric acid, and natural flavors.

This product contains Fish Oil (herring or anchovy/mackerel).

Manufactured in Canada for:
Douglas Laboratories
 600 Boyce Road
 Pittsburgh, PA 15205 USA
www.douglaslabs.com
 1.800.245.4440

Dietary supplements containing at least 400 mg of plant sterols esters, taken twice a day with meals for a daily intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Opti-Omega Q provides 650 mg of plant sterol esters.

Suggested Usage: As a dietary supplement, take 1 teaspoon twice daily with meals, or as directed by your healthcare professional. Shake well before use. Contents may appear cloudy when refrigerated.

This product contains NO yeast, wheat, gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

KEEP OUT OF REACH OF CHILDREN.
 REFRIGERATE AFTER OPENING.

Best when consumed within 90 days after opening.

Formula #99468

Opti-Omega Q

(with phytosterols)

A Dietary Supplement



8.1 fl. oz. (240 ml)

Supplement Facts

Serving Size 1 teaspoon (5 ml)

Servings Per Container 48

Amount Per Serving	%DV
Calories	30 *
Total Fat	3.5 g 5%
Saturated Fat	1 g 5%
Trans Fat	0 g *
Calories from fat	30
Cholesterol	20 mg 7%
Ultra-pure fish oil concentrate	3,638 mg *
Providing:	(Typical Range)
EPA (Eicosapentaenoic Acid)	582 mg 517-700 mg *
DHA (Docosahexaenoic Acid)	364 mg 303-500 mg *
Phytosterols esters (from soy)	650 mg *
Coenzyme Q-10	50 mg *

*Daily Value not established