

Omega 3 Mood™

Omega-3 Fatty Acids Support:

- Mood***
- Emotional Health***
- Brain Health***

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. See nutrition information for total fat, saturated fat, and cholesterol content.

Do not accept if seal is broken. Product No. 4120
Store between 59°-86° F. Keep out of the reach of children.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Artificial color or flavor, wheat, gluten, sodium, sugar, lactose, yeast, nut products, or preservatives.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Lot No:

Best by:



OMEGA 3 MOOD™

1,000 mg of EPA per Serving
Gluten-Free

2 SOFTGELS PROVIDE:



High EPA Mood Supporting Formula***

HELPS SUPPORT:

- Emotional Health***
- Brain Health***



Directions: Adults take two (2) softgels per day. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 softgels
Servings Per Container 45

Amount Per Serving	% Daily Value
Calories 20	
Calories from Fat 20	
Total Fat 2 g	3%*
Saturated Fat 0 g	0%*
Monounsaturated Fat 0.5 g	**
Polyunsaturated Fat 1.5 g	**
Cholesterol 20 mg	7%*
Protein 0.5 g	1%*
Vitamin E (as d-alpha tocopherol)	20 I.U. 67%
Fish Oil Concentrate (from anchovy, sardine, mackerel, herring, salmon, tuna)	2,000 mg (2 g) **
providing:	
Eicosapentaenoic Acid (EPA)(Omega 3)	1,000 mg (1 g) **
Docosahexaenoic Acid (DHA)(Omega 3)	150 mg **

* Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell). Contains soy and fish (anchovy, sardine, mackerel, herring, salmon, tuna).

100% bovine gelatin, BSE-free.

Manufactured for Country Life, LLC
180 Vanderbilt Motor Parkway • Hauppauge, NY 11788
CountryLifeVitamins.com

Dietary Supplement

90 Softgels