

Living Fuel's Super Essentials™ Omega 3 EDA™

Living Fuel's Super Essentials™ Omega 3 EDA™ combines the ultimate in antioxidants and essential fatty acids with a full-spectrum Vitamin E (tocotrienols and tocopherols), cold water fish-derived Vitamins D & A and Astaxanthin. Beyond clean air and fresh water, Super Essentials™ Omega is the next, most important step toward Super Health – the single most important supplement you can take! Super Essentials™ Omega contains the finest natural sardine, anchovy and mackerel oils that are ultra-purified using a proprietary flash molecular distillation process and rigorously tested for impurities including PCBs, mercury, other heavy metals or oxidized contaminants. **Full-spectrum Vitamin E**, including Tocotrienols and Tocopherols from rice bran oil, is a powerful antioxidant with numerous well-known health benefits. In addition to the general antioxidant benefits, Super Essentials™ Omega contains significant amounts of all eight fractions of Vitamin E to protect against rancidity in the bottle, but more importantly, to protect the delicate polyunsaturated fats from lipid peroxidation in the body. **Vitamin D**, among its myriad of well-documented health benefits, helps to maintain normal blood levels of calcium and phosphorus which helps to sustain strong bones. **Vitamin A** is a powerful antioxidant that promotes growth, healthy skin and good vision. **Astaxanthin**, a carotenoid, is an extremely powerful naturally-occurring fat-soluble antioxidant. **Omega 3 EPA/DHA** is critical to human health and longevity and promotes healthy cellular function. **GLA**, an Omega 6 oil, is included to balance the Omega 3 and Omega 6 pathways for the production of beneficial prostaglandins. The ingredients in Super Essentials™ Omega are rigorously tested to guarantee unparalleled levels of purity. **Super Essentials™ Omega DOES NOT CONTAIN** wheat, gluten, rye, oats, corn, yeast, egg, sugar, wax, preservatives, casein or any other milk derivatives. **KEEP OUT OF REACH OF CHILDREN.**



Lot # & Expiration Date:

Exclusively Manufactured for
and Distributed By:
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Certified For Sport

ANTIOXIDANT ESSENTIAL FATTY ACIDS

Full-Spectrum Vitamin E (Tocotrienols/Tocopherols)

Vitamins D & A
Astaxanthin
EPA/DHA & GLA

All Natural Dietary Supplement
Purity Guaranteed
120 Softgel Capsules

LIVINGFUEL
SUPER ESSENTIALS
OMEGA 3 EDA + 2
The Ultimate in Antioxidant Essential Fatty Acids

DIRECTIONS

For optimal results, **take one softgel per 25 pounds of body weight per day** up to a total of 12 or more as directed by a health care professional. For example, 200 lbs = 8 softgels per day; 125 pounds = 5 softgels per day. Adults take a minimum of four softgels daily. *Essential for pregnant and nursing women as directed by a health care professional.*

SUPPLEMENT FACTS

Serving Size: 1 Softgel Capsule (1,533 mg Active)

Amount Per Serving		% Daily Value*
Calories:	10	
Calories from Fat	10	
Total Fat	0.9 g	
Saturated Fat	0.2 g	
Trans Fat	0 g	
Vitamin A (from purified fish liver oil)	500 IU	10%
Vitamin D (from purified fish liver oil)	250 IU	62.5%
d-alpha tocopherol (from Oryza Rice Bran Oil)	8 IU	27%
EPA (Eicosapentanoic acid 20:5 omega 3) (from purified fish oils)	120 mg	†
DHA (Docosahexanoic acid 22:6 omega 3) (from purified fish oils)	120 mg	†
GLA (Gamma Linolenic Acid 18:3 omega 6) (from cold pressed borage seed oil)	30 mg	†
Tocotrienols (alpha, gamma, delta and beta) (from Oryza Rice Bran Oil)	12 mg	†
Gamma Tocopherol (from Oryza Rice Bran Oil)	1.7 mg	†
Astaxanthin (from the algae <i>hematococcus pluvialis</i>)	1 mg	†

* Percent Daily Values are based upon a 2,000 calorie diet
† Daily Value not established

Other ingredients: buffalo gelatin, glycerin, yellow beeswax, purified water, caramel and ultra-pure non-GMO lecithin (98% phosphatides non-GMO soy)