

## Omega 3 Mood™

Research has shown that countries with high rates of fish consumption have improved mental functioning including mood. EPA has been identified as the brain-boosting fatty acid.

### Omega-3 Fatty Acids Support:

- Mood Regulation
- Brain Function With Regard to Learning
- Enhanced Energy Levels
- Stress Relief\*\*\*

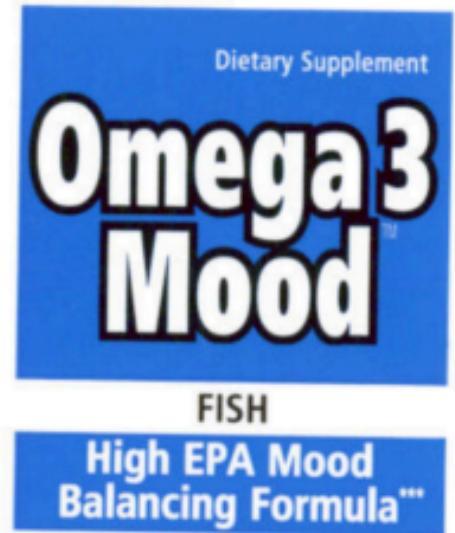
Purity tested for pesticides, herbicides, PCBs and dioxins, as well as heavy metals such as mercury. This fish oil was processed using molecular distillation to ensure purity.

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Product No. 4120

Lot No:

Best by:



90 SOFTGELS

**Directions:** Adults take two (2) softgels per day. For best utilization, take with food.

### 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 (sardine, anchovy) 2,000 mg	**
Eicosapentaenoic Acid (EPA) 1,000 mg	**
(from fish oil concentrate - sardine, anchovy)	
Docosahexaenoic Acid (DHA) 150 mg	**
(from fish oil concentrate - sardine, anchovy)	

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell).

**Do not accept if seal is broken. Store in a cool, dry place.**

**Keep out of reach of children.**

[www.countrylifevitamins.com](http://www.countrylifevitamins.com) Country Life Hauppauge, NY 11788

Contains no artificial color or flavor, wheat, soy, 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.