

90 SOFTGELS

OMEGA-3 DIETARY SUPPLEMENT

Garden of Life

OCEANS 3™

Better Brain
with OmegaXanthin®

SUPPORTS HEALTHY BRAIN FUNCTION†

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 20	
Calories from Fat 20	
Total Fat 2 g	3% ¹
Vitamin A* (50% as beta-carotene)	1,000 IU 20%
Vitamin D* 500 IU	125%
Vitamin E* 15 IU	50%
Vitamin K* 55 mcg	70%
Thiamin* (Vitamin B ₁) 1.5 mg	100%
Niacin* (as Niacinamide) 20 mg	100%
Vitamin B ₆ * 2 mg	100%
Folate* 400 mcg	100%
Vitamin B ₁₂ * 6 mcg	100%

OmegaXanthin® Blend with Cod Liver Oil 2 g +

Total Omega-3 Fatty Acids 1 g
EPA (Eicosapentaenoic Acid) 525 mg
DHA (Docosahexaenoic Acid) 384 mg
Other Omega-3s 130 mg
Omega-3 Cod Liver Oil 700 mg
Natural Astaxanthin (standardized to min. 4 mg in safflower oil) 80 mg

Concentrated Fucoxanthin 1 mg

Better Brain Botanical Blend 415 mg +
Bacopa extract (Bacopa monniera) 330 mg
Phosphatidylserine 86 mg

¹ Percent Daily Values are based on a 2,000 calorie diet.
+ Daily Value not established.

Ingredients: Purified deep sea fish oil (anchovies, sardines and mackerel with natural mixed tocopherols), gelatin (bovine), vegetable glycerin, beeswax, beta-carotene, natural strawberry flavor, Non-GMO soy lecithin.

Distributed by Garden of Life LLC

4200 Northcamp Parkway, Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown in the U.S.A. and other countries.
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Suggested Use: Adults take 3 softgels daily. Best taken with meals and at least 8 ounces of water. Not intended for children. Softgels are enhanced with a natural strawberry flavor. To preserve freshness, immediately refrigerate after opening.

Advanced Usage: Increase gradually to 2 softgels three times daily (6 softgels per day).

* As RAW Food-Created Nutrients*

CAUTION: Your diet or health situation may benefit from the advanced use of this product. Check with your healthcare practitioner to determine your needs. As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, allergic to iodine, use blood thinners, anticipate surgery or are under medical supervision.

Keep out of reach of children.

Do not use if safety seal is broken or missing. No filler ingredients, artificial colors or preservatives.

Gluten Free, Dairy Free.



† 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.

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