

PHYSICIAN FORMULATED



Seeking Health®

Optimal Fish Oil

Superior Digestibility

Dietary Supplement

60 SOFTGELS

Recommended Use: As a dietary supplement, take two softgels per day with meals, or as directed by your health care practitioner.

Warning: Consult with your health care practitioner before use if you are taking blood thinning medication or are planning to have surgery.

Optimal Fish Oil contains fish oil in its natural TG (triglyceride) form. All Seeking Health fish oil products are a minimum 90% natural TG bound omega-3 oils. Optimal Fish Oil is molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs, and other contaminants. Lipase is added to enhance the digestibility and mixed tocopherols (antioxidant) is added to enhance stability of the product.

Does not contain gluten.



Distributed by:
Seeking Health
3140 Mercer Avenue
Bellingham, WA 98225
www.seekinghealth.com
Report any adverse reactions
to 1-800-547-9812

Supplement Facts

Serving Size 2 softgels
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Omega-3 Fatty Acids		
EPA (Eicosapentaenoic Acid)	1000 mg	†
DHA (Docosahexaenoic Acid)	500 mg	†

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

Other Ingredients: Natural lemon flavor, mixed tocopherols, lipase, bovine gelatin, water, glycerine, annatto (natural color) (softgel ingredients).

Contains fish (Alaska pollock).

Notice: Color, size or shape may appear different between lots.

REFRIGERATE AFTER OPENING.