

The ingredients in P2Life's Essential Omega 3's:

- Provides 1,200 mg of Total Omega-3 Fatty Acids*
- Helps support healthy cholesterol and blood pressure levels*
- Helps joint, brain, eye and skin health*
- Is Purified - Controls fishy burps*
- Mercury Free*

Dosage Instructions:

As a dietary supplement, take 2 Soft Gel Capsules daily, preferably with meals.

More Information:

For more information about the product and its ingredients please visit our website at www.P2Life.com or scan this code with your Smart Phone.



WARNING: If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health professional before use of any nutritional or dietary product. Discontinue use and consult a doctor if any adverse reactions occur. Discontinue use two weeks prior to surgery. Do not use if inner seal is missing or broken. Keep out of reach of children. Keep bottle tightly closed. Store in a cool dry place.

**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.*



PROTECTING HEALTH - PROMOTING PERFORMANCE

Essential Omega 3's

**HELPS SUPPORT BRAIN, EYES, SKIN,
JOINT AND HEART HEALTH***

DIETARY SUPPLEMENT

60 Soft Gel Capsules

Supplement Facts

Serving Size: 2 Soft Gel Capsules Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	25	
Calories from Fat	20	
Total Fat	2.5 g	4%
Polyunsaturated Fat	2 g	†
Cholesterol	25 mg	8%
Protein	< 1 g	1%
Fish Oil:	2400 mg	†
EPA (Eicosapentaenoic Acid)	678 mg	†
DHA (Docosahexaenoic Acid)	444 mg	†

** Percent Daily Values (DV) are established on a 2,000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Magnesium Stearate and Silicone Dioxide.

No Gluten, No Wheat, No Yeast, No Shellfish and No Artificial Colors, Flavors or Sweeteners. No Sugars, No Starch, No Milk and No Lactose

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International Swimming Hall of Fame

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www.P2Life.com