



SKU #: 844197016105

Vitacost Mega EFA® Omega-3 EPA & DHA Fish Oil Description
Premium-quality, purified fish oil softgels provide an optimum ratio of omega-3 EPA and DHA. Ideal way to increase omega-3 consumption without having to eat more fish!
What is Vitacost Mega EFA Omega-3 EPA & DHA?

Vitacost Mega EFA Omega-3 EPA & DHA is a premium-quality, purified fish oil supplement delivering high elemental levels of two of the most-studied omega-3 essential fatty acids: EPA and DHA.

Omega-3 fatty acids are essential to the body and must be obtained through diet. Fatty fish, such as cod, tuna and salmon, are the best source, but they can also be found in some plant sources and in flaxseed, walnuts and soybeans. Most people do not eat enough of these foods, however, to obtain optimal amounts of omega-3 nutrients. In this case, taking a supplement such as Vitacost Mega EFA may be beneficial.

Unlike other low-cost, low-grade fish oil supplements, which may contain traces of dioxin, mercury, PCBs and other environmental contaminants, Vitacost Mega EFA has been molecularly distilled to guarantee the freshest, purest product. Mega EFA also contains a higher milligram-per-serving amount of omega-3 fatty acids than other brands, with 800 mg of EPA and 400 mg of DHA in each two-softgel serving.

How does Vitacost Mega EFA Omega-3 EPA & DHA support health?

EPA and DHA are well known for their cardioprotective properties, their ability to maintain healthy cognitive function, their potential to support healthy moods and their positive impact on joint comfort and flexibility*

Higher blood levels of omega-3 essential fatty acids including EPA and DHA are associated with a healthier mood*

Why choose Vitacost Mega EFA Omega-3 EPA & DHA?

Provides higher milligram-per-serving amount than other fish oil supplements (EPA = 800 mg and DHA = 400 mg—in each two-softgel serving)

Easy-to-swallow softgels with pleasant strawberry flavor

Supplement Facts

Serving Size: 2 Softgels
Servings per Container: 30

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2 g	3%†
Saturated Fat - less than	0.5 g	1%†
Polyunsaturated Fat	1.5 g	*
Cholesterol	10 mg	3%
Purified Fish Oil (molecularly distilled, including Omega-3 Fatty Acids)	2100 mg	*
EPA (eicosapentaenoic acid)	800 mg	
DHA (docosahexaenoic acid)	400 mg	

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

*Daily value not established.

Other Ingredients: Gelatin, glycerin, water, natural strawberry flavor and mixed natural tocopherols.

Contains: Fish (anchovy, sardine) and Soy.

Mega EFA® is a registered trademark of Vitacost.com, Inc.

Warnings

Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. **Keep out of reach of children.**

Molecularly distilled to ensure mercury, dioxins and PCB levels are well below industry standards

An economical and convenient way to meet the American Heart Association's recommendation to increase daily omega-3 fatty acid consumption

Contains 30 servings per bottle

Exceptional quality at an extraordinary value

About Vitacost

Vitacost nutritional products are manufactured to high standards of quality, efficacy and safety. Each Vitacost product meets or exceeds the standards and requirements set forth in the FDA's Code of Federal Regulation (21 CFR, 111) Current Good Manufacturing Practices (CGMP).

*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.

Directions

As a dietary supplement, take 2 softgels daily with food or as directed by a healthcare professional.

Keep dry and at room temperature (59°- 75° F [15° - 24°C]).

Free Of

Milk, eggs, peanuts, tree nuts, crustacean shellfish, gluten, titanium dioxide.