

DIRECTIONS: Take one softgel daily, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking blood thinners or other medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

STORAGE: Keep tightly closed in a cool, dry place out of reach of children.

Optimal Fish Oil contains concentrated Norwegian fish oil that provides 900 mg of EPA and DHA omega-3 fatty acids in triglyceride form. To assure maximum purity and freshness, the oil is stabilized with vitamin E (as d-alpha tocopherol). EPA and DHA from fish oil have been extensively researched for their health benefits. They promote wellness by supporting cardiovascular health, normal platelet aggregation, cytokine balance, joint health, and brain and nervous system function.*

***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.**

DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



T A R G E T E D S U P P O R T



SeekingHealth®

Optimal Fish Oil

Norwegian Fish Oil in Triglyceride Form

Dietary Supplement

120 FISH GELATIN SOFTGELS

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 120

	Amount Per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%†
Fish Oil Concentrate	1.286 g	**
Total Omega-3 Fatty Acids	964 mg	**
EPA (eicosapentaenoic acid)	643 mg	**
DHA (docosahexaenoic acid)	257 mg	**

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

** Daily Value not established.

Other Ingredients: Softgel (tilapia fish gelatin, vegetable glycerin, and purified water) and d-alpha tocopherol.

Contains: Fish (anchovy, sardine, [sources of fish oil]), tilapia [source of fish gelatin]) from certified sustainable sources.

Optimal Fish Oil Meets or Exceeds cGMP Quality Standards.

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