

PRODUCT INFORMATION:

One softgel capsule typically provides:

Eicosapentaenoic acid (EPA)	180mg
Docosahexanoic acid (DHA)	120mg
Total fish oil	1000mg

Our fish oil is pure and unconcentrated, from sustainable sources, providing natural levels of the key omega 3 fatty acids, EPA and DHA. Plus fish oil's other key components, including carotenoids and tocopherols. Every batch is scrupulously screened for PCBs and other pollutants to ensure the highest quality possible. Protected with natural tocopherols.

INGREDIENTS:

Omega 3 **fish** oil (antioxidant: natural mixed tocopherols); capsule shell: gelatine, glycerine, antioxidant: d-alpha tocopherol.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, starch, sugar, wheat, yeast.

This product is not tested on animals.

higher nature®



OMEGA 3 FISH OIL

HIGH IN EPA & DHA

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90
capsules

OMEGA 3 FISH OIL

- ✓ DHA contributes to maintenance of normal brain function & vision.*
- ✓ EPA & DHA contribute to normal function of the heart.*
- * Beneficial effect is obtained with a daily intake of at least 250mg of DHA and EPA.

DIRECTIONS:

Take 1-3 capsules (children over 8 years, 1 capsule) a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

FIS090
115



FIS-033-07



Higher Nature, Burwash Common, East Sussex,
TN19 7LX, UK www.highernature.com