

PRODUCT INFORMATION:

One 5ml teaspoon typically provides:

Eicosapentaenoic acid (EPA)	690mg
Docosahexaenoic acid (DHA)	460mg
Total omega 3 fatty acids	1340mg

INGREDIENTS:

Fish oil (from sardine and anchovy), flavour: natural lemon flavouring; antioxidants: sunflower oil, rosemary extract, natural mixed tocopherols, ascorbyl palmitate.

DOES NOT CONTAIN:

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

WARNING:

Not suitable for citrus allergy sufferers.

STORAGE:

Store in a refrigerator once opened, out of reach of children, and consume within 2 months of opening.

This product is not tested on animals.

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

Bottle



PET

Lid



PP

higher nature.



LEMON FISH OIL

HIGH IN OMEGA 3

ULTIMATE NUTRITION

FOOD SUPPLEMENT

200ml

LEMON FISH OIL

- ✓ No fishy taste
 - ✓ Natural lemon flavour
 - ✓ Great oil for all the family
 - ✓ EPA & DHA support normal heart function.*
 - ✓ DHA supports normal brain function.*
- *Effect obtained with a daily intake of 250mg DHA & EPA.

DIRECTIONS:

Adults take 1 tspn (5ml) a day, (children over 1 year, build up slowly to ½ tspn (2.5ml) a day), or as your health professional advises. Delicious straight from spoon, or drizzled on, or blended into food. Not suitable for frying or baking. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Batch No:

Best Before End:

LFO200
112

LFO-232-02