

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. As with any dietary supplement, this product is most effective when used as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For answers to questions about the use of this product, call 800.808.7311.**



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*Purity. Quality. Integrity.
Effectiveness.*

Andrew Lessman
Founder of ProCaps Labs



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MANUFACTURED BY **PROCAPS**
LABORATORIES

ESSENTIAL OMEGA-3™

CONCENTRATE OF DHA AND EPA
FREE OF MERCURY AND CONTAMINANTS



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ALL-SOLAR
MANUFACTURING

180 Easy-to-Swallow Capsules

Andrew Lessman's ESSENTIAL OMEGA-3 is our ultra-pure, high potency blend of Omega-3 oils. Our Omega-3s exist in their most active, natural triglyceride form and NOT as inferior ethyl esters. Omega-3s are absolutely essential for our good health, yet they cannot be made by the body, so their benefits are only available from cold-water fish or a formula like **Essential Omega-3**. Research has shown that diets rich in Omega-3 oils are associated with superior heart, brain, circulatory and general health; yet sadly, the American diet delivers alarmingly low levels of these precious fatty acids. Our **Essential Omega-3** is a uniquely concentrated source of both fish and flaxseed oils, delivering our highest levels of **DHA** (Docosahexaenoic Acid) and **EPA** (Eicosapentaenoic Acid), as well as **DPA** (Docosapentaenoic Acid). Typical Omega-3 formulas focus on EPA, which is less costly to provide, whereas our Omega-3s target vital **DHA**, which is essential for brain and eye function. In fact, the highest functioning areas of the brain and the most critical parts of the eye (macula and retina) contain and require ultra-high levels of DHA. Although fish oil supplements have long been praised for their countless health benefits, they are equally well-known for their potential contaminants; however, our **Essential Omega-3** allows you to enjoy all the benefits of fish oil with NO mercury, NO contaminants, and NO stomach upset.

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.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, color, preservative or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 2 Softgels	Servings Per Container 90	
Amount Per Serving	%DV*	
Calories 10		
Total Fat 1 g		2%
Cholesterol 5 mg		2%
Fish Oil (anchovy, mackerel, menhaden, sardine, tuna)	970 mg	†
Total Omega-3 Fatty Acids	800 mg	†
DHA-Docosahexaenoic Acid (Omega-3)	400 mg	
EPA-Eicosapentaenoic Acid (Omega-3)	280 mg	
Alpha-Linolenic Acid (Omega-3)(from flaxseed oil)	80 mg	†
DPA-Docosapentaenoic Acid (Omega-3)	40 mg	
Other Omega-3 Fatty Acids	40 mg	

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

† Daily Value not established.

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin).